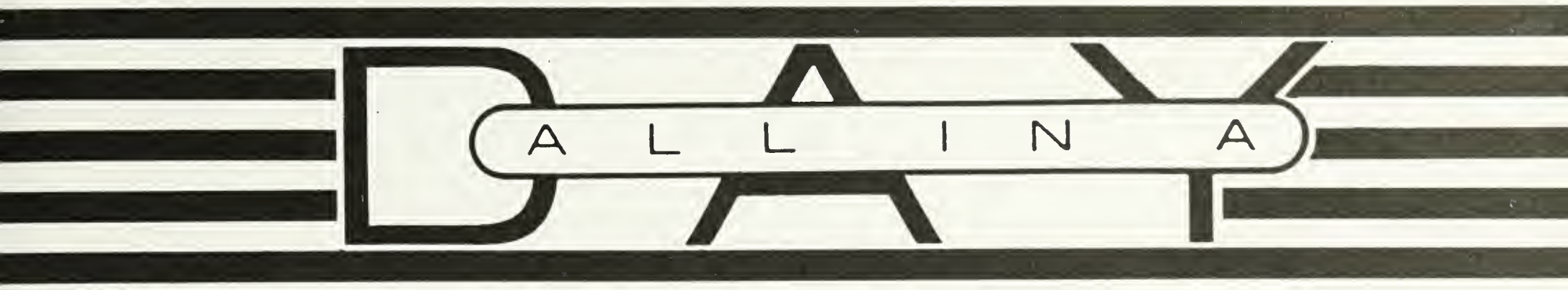

DAY
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PROWLER

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4 Student Life

30 Sports

74 People

142 Clubs

170 Academics

200 Index

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DAY
ALL IN A



Standing atop his car with a homemade sign, David Baldwin greets students and teachers on the first day of school. This was a happy occasion as students were reunited with their friends. It was sad to see summer go and begin the 180 days of school.

Prowler 1990

Potomac Senior High School
16706 Jefferson Davis Hwy
Dumfries, VA 22026

Enrollment 1750



Coach Bill Stearns proudly introduces Michael Durst, Chris Landrum, and the rest of the cross-country team to the student body during the fall pep rally. Chris, along with other seniors, showed his spirit by covering his face with shaving cream. When pep rallies were planned, everybody looked forward to that part of the day.

Construction workers dig up the ground outside the school early in October to fix electrical lines, while inside students hear rumors of missing a day because of a loss of electricity. The job was finished, however, and school went on as usual.





Several members of the football team and their friends hang out by Coach Bill Brown's office after school on the Friday of the Gar-Field football game. Cheerleaders hung banners in the P.E. hall and around the school to arouse spirit in students.

Making the Most of Time

Lining the walls of Gepetto's workshop in Walt Disney's classic "Pinocchio" were dozens of clocks, chimming and ticking, swinging and tocking. Each clock was different from the others in many ways. Animators spent weeks designing the frames, decorations, and movements of each clock, making sure each one would captivate the audience in awe or send them rolling in the aisles with child-like laughter. One clock had eyes that moved back and forth and another had whiskers wet with the perspiration of time. Others had gold ruffles around their faces while some were plain. But each clock read the same time and was governed by the same laws of time.

As students of Potomac, we were a lot like those clocks lining Gepetto's wall. Each of us captivated the world in a different way with our unique talents, abilities, and compositions. But each of us was governed by the same laws and rules of time. Each of us was given twenty-four hours a day to perform our responsibilities and captivate our audience -- the halls, the athletic fields, or the classrooms where teachers and friends met for seven periods a day. How we used our day was what made us different from one another. Some concentrated their efforts in fields of academics, studying, sleeping, and studying more. These students captivated their audience by achieving the highest SAT scores in the county. Others concentrated their efforts in developing atheletic talents and good sportsmanship. They captivated their audience with astounding triumphs like the District Volleyball title.

Clocks kept ticking and telling time despite conditions around them. Students, whether concentrating their efforts in atheletics, academics, careers, families, or friends, kept ticking and captivating their audience all in a day. - By Abigail Bridges

DAY IN A LIFE

So Much To Do...

Tick...Tock...Tick...Tock. The pendulum of time swung back and forth in students' lives. As the sounds of morning tore them from the softness of pillows to the blaring reality of the busy world, they wondered how on earth they would survive the day ahead. There was so much they had to do. There was so much they wanted to do. They found a way to school--the schoolbus, friends, or the family car. They crowded into halls and classrooms full of strangers, teachers, and friends.

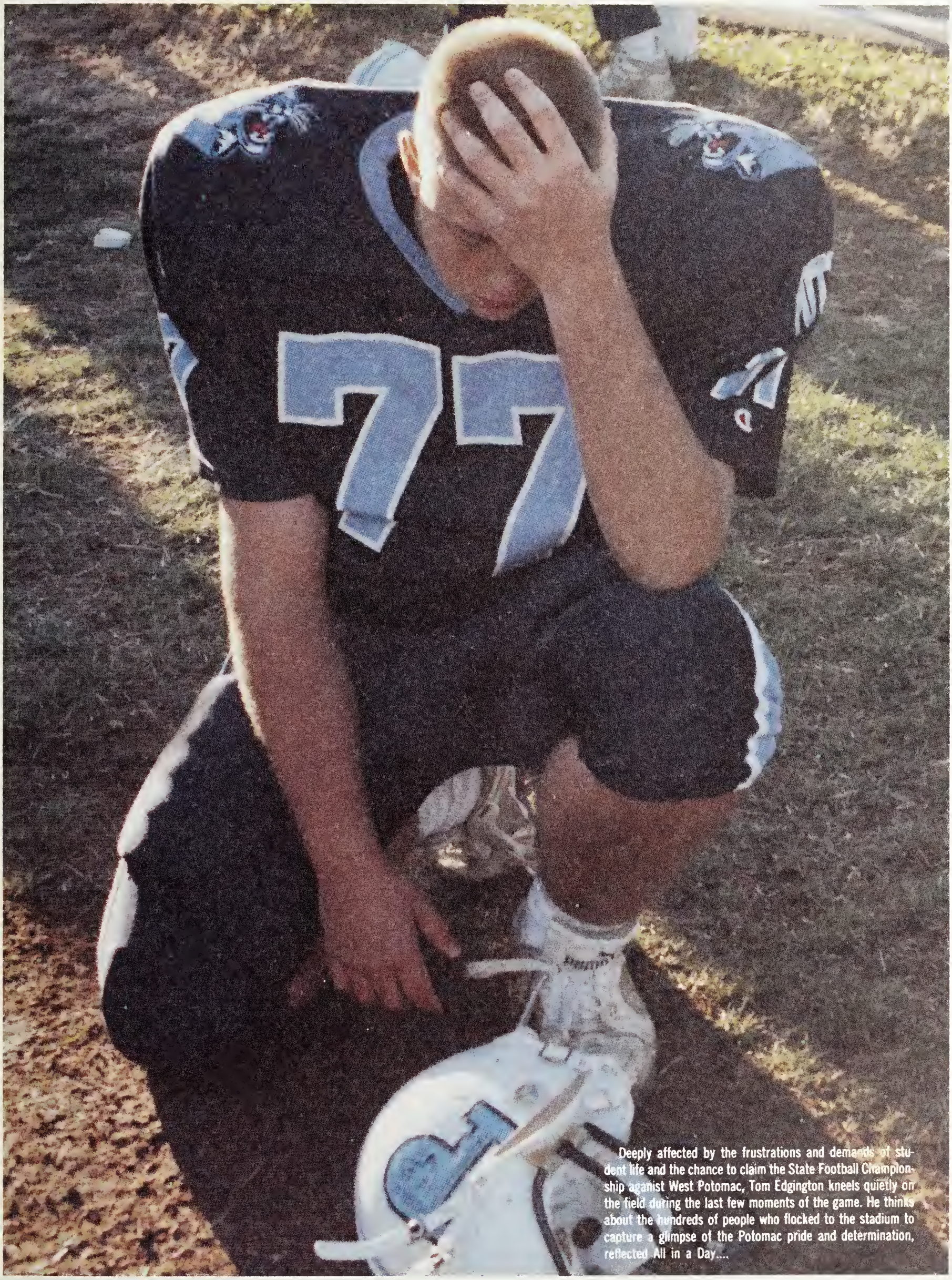
From first to seventh periods they carried labs to be calculated, poems to be written, and proofs to be memorized. At lunch, they joked amongst themselves and planned activities for the upcoming weekend. There were still television shows to watch, crafts to complete, instruments to practice, and games to attend. Their jobs called and asked for overtime. Moms demanded the dishes done, brothers and sisters watched, and to top it all off, their favorite stores were having sales.

Tick...Tock...Tick...Tock. Where did students find the time to be involved in extra-cirricular activities and complete responsibilities of home, school, and work? Their heads hit the pillow at the day's end, and they entered the world of slumber once again. They did it all--everything they had and wanted to do...All in a Day... - By Abigail Bridges

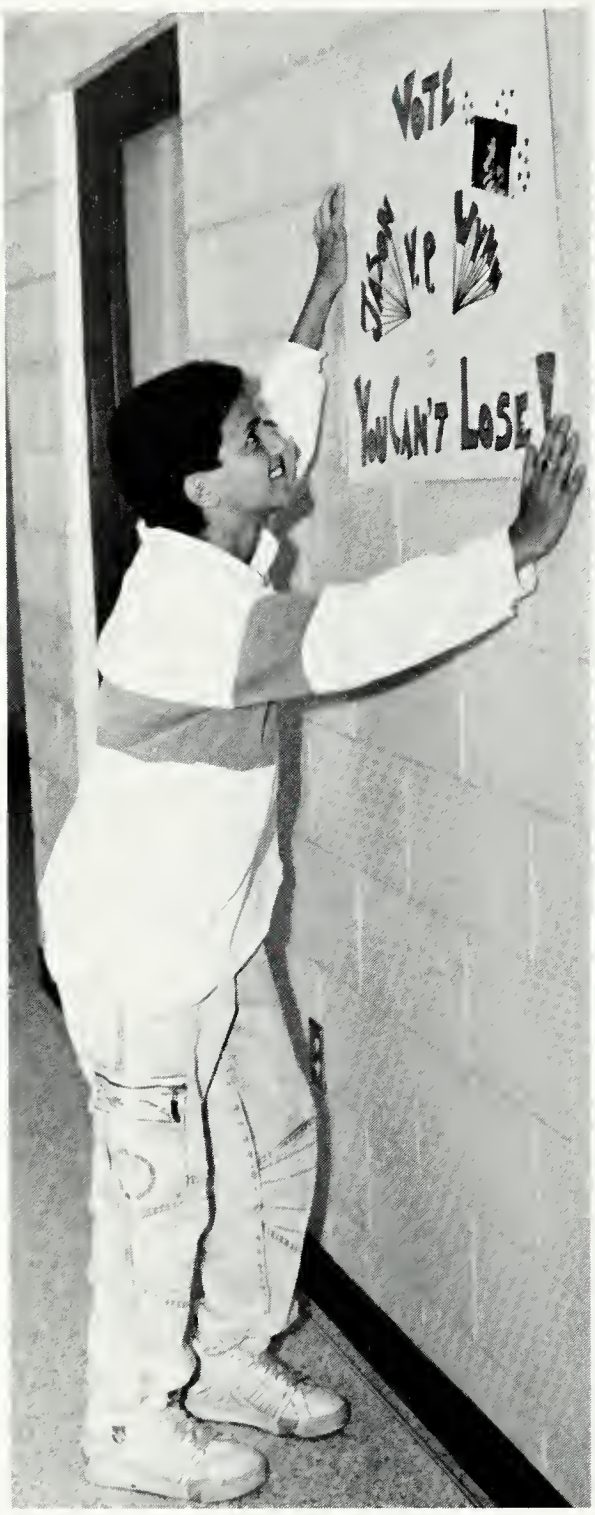
DAY IN A LIFE

At the end of the line in the Homecoming parade, Mandy Kelley and Laura Teeler accompany Dick Tracy and Breathless Mahoney, better known as Christi McGee and Grayson Wolfe, to advertise Blue Knight Limousine Service and the movie "Dick Tracy."





Deeply affected by the frustrations and demands of student life and the chance to claim the State Football Championship aganist West Potomac, Tom Edgington kneels quietly on the field during the last few moments of the game. He thinks about the hundreds of people who flocked to the stadium to capture a glimpse of the Potomac pride and determination, reflected All in a Day....

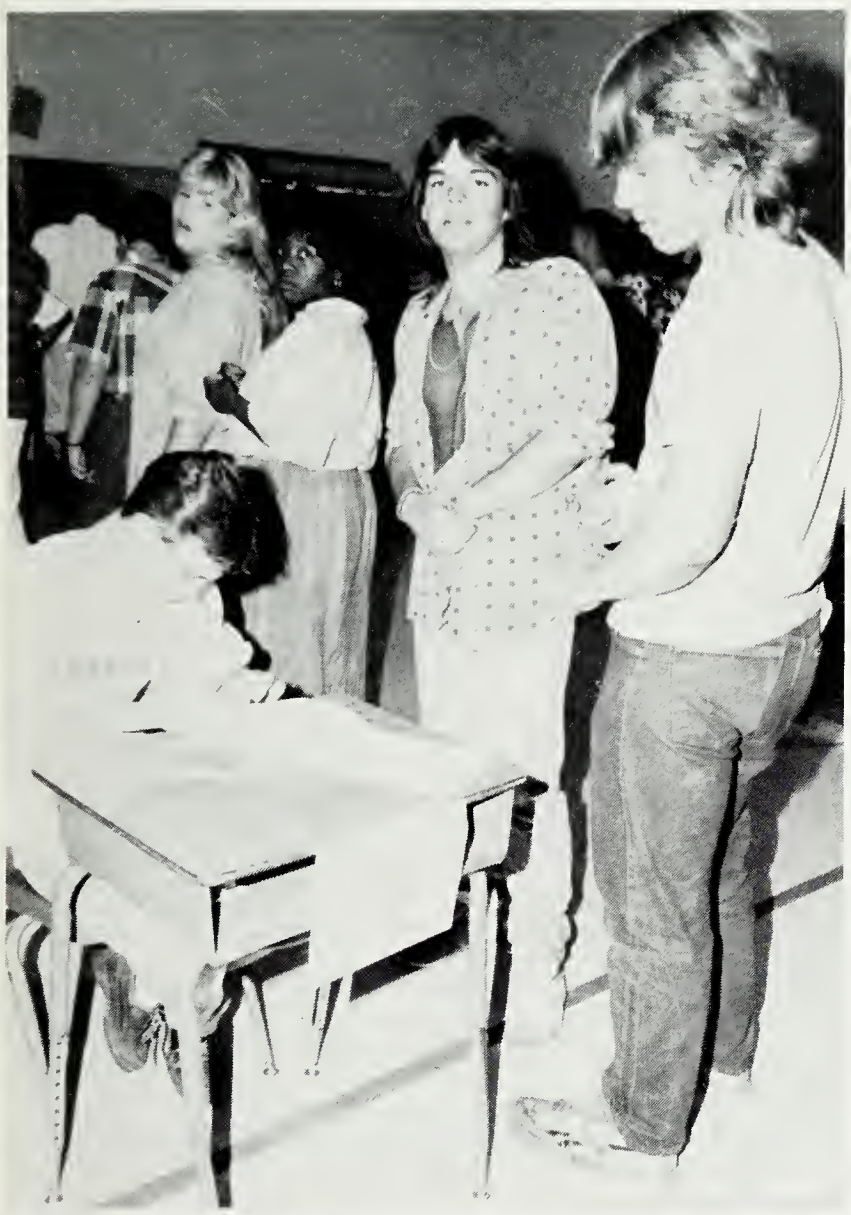


Jason Wynn, candidate for freshman class vice president, goes on the campaign trail by hanging posters to publicize himself. His campaigning paid off with a victory on election day.



SCA vice president candidate, Brian Sullivan, delivers his speech to the junior class on how good Potomac is, but also how much better it could be. His speech, along with his ideas, won him the office.

Sticky Politics



Her clothes were covered with stickers. You wondered if she really had any clothes on at all, but you could see a peek of fabric. The walls were identical. The disease was elections.

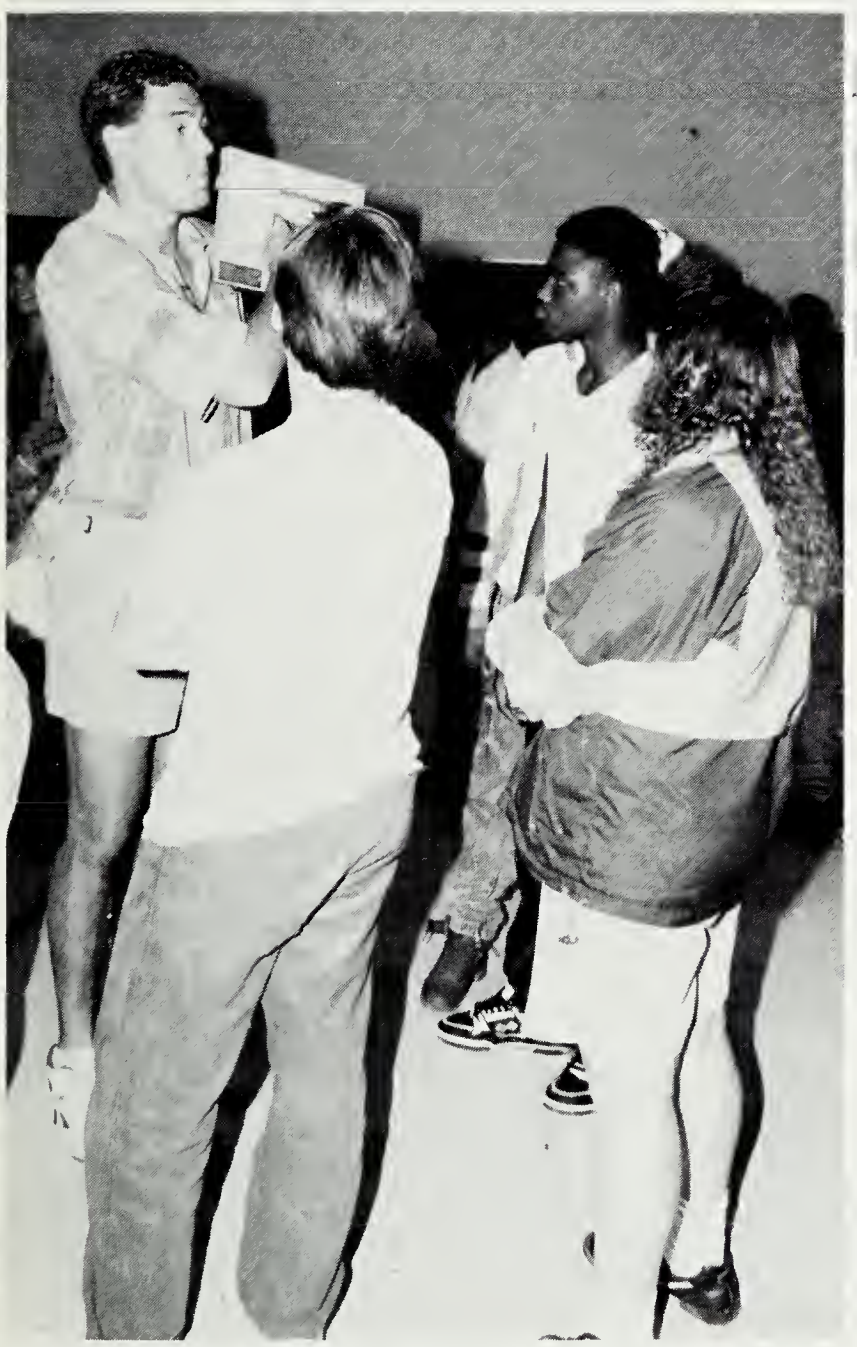
During speeches, candidates for SCA elections made promises to the student body. Among these were a revised tardy policy, an improved homecoming and, of course, the best school year ever.

Signs throughout the halls echoed the promises. Familiar sayings of "Vote for Me" were elaborated with characters such as Bart Simpson and Garfield. Slogans varied from Tim Ferenschak's "The Choice of a New Generation" to Monyetta Haynesworth's "I'll Hurdle the Competition."

Others took a different approach. "I didn't do much publicizing until the last day," commented Chris Weller, "It was mainly by word-of-mouth."

The school had been through enough by the end of the week. Posters, stickers, and speeches had their effect on the voting body. The school lived through the disease, the votes were counted, and the new officers took their positions. -By Kris Hetland

As the class of 1992 enters to vote, SCA Vice President, Andrew Bourne, checks off names of the voters. Names were highlighted on class rosters to make sure everyone only voted once.





Preparing for the speech assembly, SCA President, Mike Booker and Andrew Bourne dicuss the order in which candidates will be introduced. Each grade was called down to the auditorium during the morning before voting to hear candidates speak.

Mr. Kendall Hayes instructs the entering freshmen voters on how to operate the voting booths. The old paper and pen method of voting was replaced three years ago by booths to make counting votes easier and quicker.



Mrs. Patty Davis lends a hand in filling balloons with helium for decorations for the after-Prom breakfast. The breakfast was part of the Operation Graduation program sponsored by the school and local businesses.

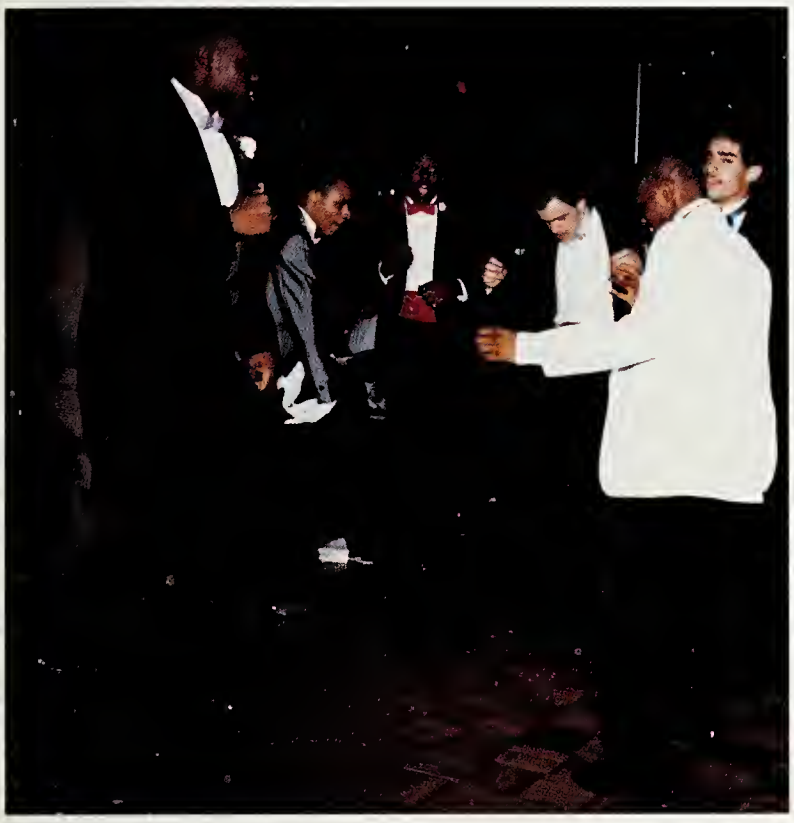
Prom brings out the gentleman in Scott Tuthill as he pours punch for his date, Theresa Theroux. The junior prom committee planned a refreshment menu weeks in advance so that the Hilton could supply the food and drinks.

Kindra Freiherr, Kristen Cain, and Mark Fox talk at their table as they wait for the court to be announced. The King and Queen selections were kept secret until they were announced at midnight.



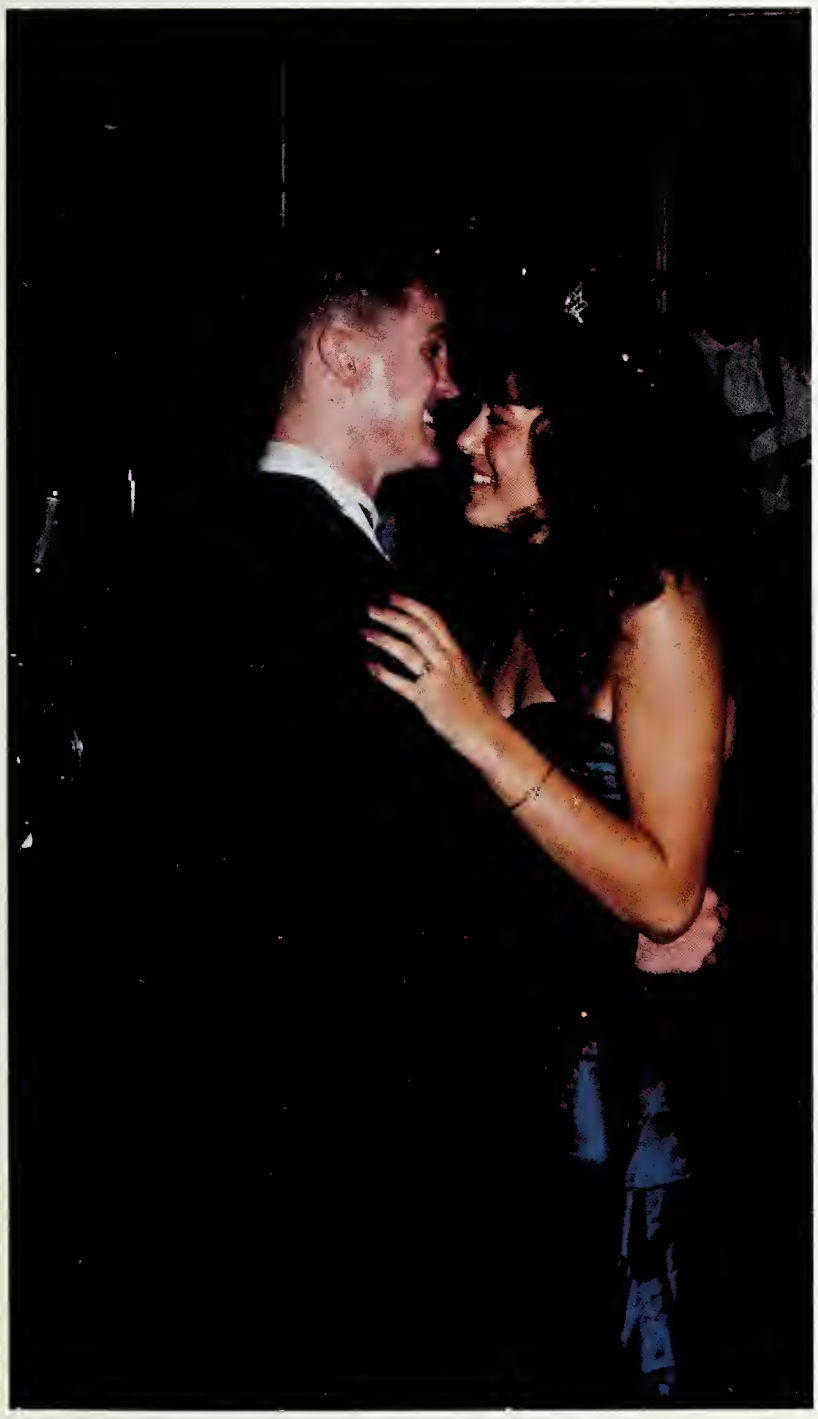


Chester Hayes, Lewis Howard, Shane Wright, Tim McClain, Mike Carson, and Robert Aquino dance while their dates are elsewhere. Prom provided an opportunity to loosen up and be dressed up at the same time.



Paul Beckman and Christina Stone take a break from Prom to sit and enjoy the evening weather outside the Springfield Hilton. The fortunate warm April weather made Prom memorable both in the ballroom and outside.





Midnight Magic

"At the Stroke of Midnight" the magic didn't stop, only lingered on. The decorations at the Springfield Hilton set an atmosphere of romance and fun while Thyss provided music to relax to throughout the evening. Prom had brought with it enough magic to last a lifetime.

At midnight, Mrs. Susan Loney announced the court: Sheri Costa, Tracy Jarvis, Jenny Stearns, Danny Kiser, David O'Brien, and John Robinette with Robby Ferguson and Jennifer Smith as King and Queen.

After hours of fund raising and volunteer work, the Junior Class presented a magical evening. "So many people helped with the candy and bake sales that we had a huge profit left over," commented Kristen Cain.

Prom was held on a school day, so there were conflicts with school policies. In order to attend Prom, students had to be at school half a day and have a good excuse to leave. A hair appointment was not considered a good excuse. Teachers found their classes getting smaller and smaller as the day went on.

"Breakfast on the Potomac" was held in the school cafeteria until 4:30 a.m. Mrs. Elizabeth Landrum coordinated the breakfast by recruiting parents to decorate and businesses to donate door prizes. The prizes were given out every 15 minutes as an incentive to attend the breakfast instead of other parties.

Preparation made prom a success, but there seemed to be a hint of magic in the air that made it special. -By Staff

Enjoying their moment in the spotlight, Robby Ferguson and Jennifer Smith take their royal dance after being crowned the King and Queen by Mrs. Susan Loney.

Melodies Make Music

The conductor raised his arms to begin as eyes awaited his downbeat. One, two, three, four . . . the lullaby of sweet music filled the auditorium.

Under the direction of Mr. Gary Zolman, Mr. Larry Casey, and Mr. Melvin Goodwyn, spring music concerts delighted the hearts of parents, teachers, and students.

Selections included "La Belle Helene," "William Tell Overture," and "Take My Hand." Demonstrating a level of confidence and grace, the Symphonic

Band played a grade five level in their selection "Ellington." The Symphonic and Concert Bands mastered the difficult sounds of J. Ployhars "Lethbridge Overture." "I'll never forget the pride in the faces of the musicians as the audience rose after we played the "William Tell Overture," commented All Virginia Orchestra member, Carolyn Riley.

The mystical lyrics and rythms of Walt Disney have captivated audiences for generations. During the choral department's spring concert, the magic continued. As Seniors Andy Wynn and Dave Pomerantz performed the academy award winning song "Under The Sea" from "The Little Mermaid," the aromas of crisp sea air and fresh fish filled the room. A feeling of nostalgia and innocence swept through the air as Kelly Johnson captivated listeners with a rendition of "Spoon Full of Sugar" from Mary Poppins. Commented Mr. Goodwyn, "We wanted our audience to feel the power music has in our lives and the great respect the school has for its melodies and composers." - By Abigail Bridges





The auditorium became submerged in a magical world of sand, snails, and seaweed, as Andy Wynn and Dave Pomerantz proclaimed the joys and advantages of living beneath the sea with the song "Under the Sea." It was one of the many Walt Disney songs performed by various choirs during the choral department's spring concert.



As a result of endless hours of harmonizing and practicing after school, members of the Barbershop and Beautyshop Quartets combine their talents during their spring concert. Their performance rejuvenated the audience by taking them on a musical journey through the past when days were carefree and simple.

Perhaps the empty chair by alto saxophone Greg Jarvis seated the spirit of composer giant Duke Ellington. As a result of endless hours of practice and determination, the Symphonic Band performed the composer's masterpiece, "Ellington," a grade level five, with a professional air.



Hoping to soothe the butterflies bustling around in their stomachs, members of the choral department harmonize to the lyrics of "Zippity-Do-Dah" from Walt Disney's "Song of the South." During the performance, the choir was joined by alumni and the audience to create an evening filled with magic and creativity.

Mr. Melvin Goodwyn and Estelle Armstrong discuss final preparations for the evening's concert. The choir department performed a variety of music from Disney Productions.



Energetically dancing to "Oom-pah-pah!," Nancy and Bette, played by Heather Cannon and Molly Lowndes, entertain the peasants at the bar. They were dancing during the bar scene at a dress rehearsal for "Oliver."



A lonely street vendor asks, "Who will buy my sweet red roses?" With roses in her hand, Niki Prentice perfectly acted out her part during the street scene.



Musical Makes Magic

People were talking about it months before it ever happened and months after. It was "Oliver," the musical based on *Oliver Twist* written by Charles Dickens in the Nineteenth Century. "Mr. Goodwyn and I had been planning a musical for a year, and we felt that Potomac had talent and interest for it. It was just time," commented Mrs. Deborah Neuhard.

The cast and crew of "Oliver" were not just the drama club. Middle school students, Potomac graduates, parents and art and music students all volunteered their talents. The orchestra consisted of more than 25 musicians and Mr. Melvin Goodwyn, who played the piano. Signs, designed by student artists, were displayed to announce the musical.

Kris Smerick, who played Oliver said, "It was challenging for me to play a 12-year-old boy. It was my first experience on stage, and I was certainly able to extend myself."

All of the actors proved that they were creative. Andy Wynn was caught off-guard on opening night when his false mustache fell off during Act I. He quickly played it off by remarking, "Something must have crawled on my face and died," and proceeded to throw the offender over his shoulder.

From the mustache blooper to books accidently tossed into the orchestra pit, each night had its own personality. Those who went to only one performance missed the inside jokes of other nights. Each night concluded with standing ovations and congratulations for all involved.
-by Staff



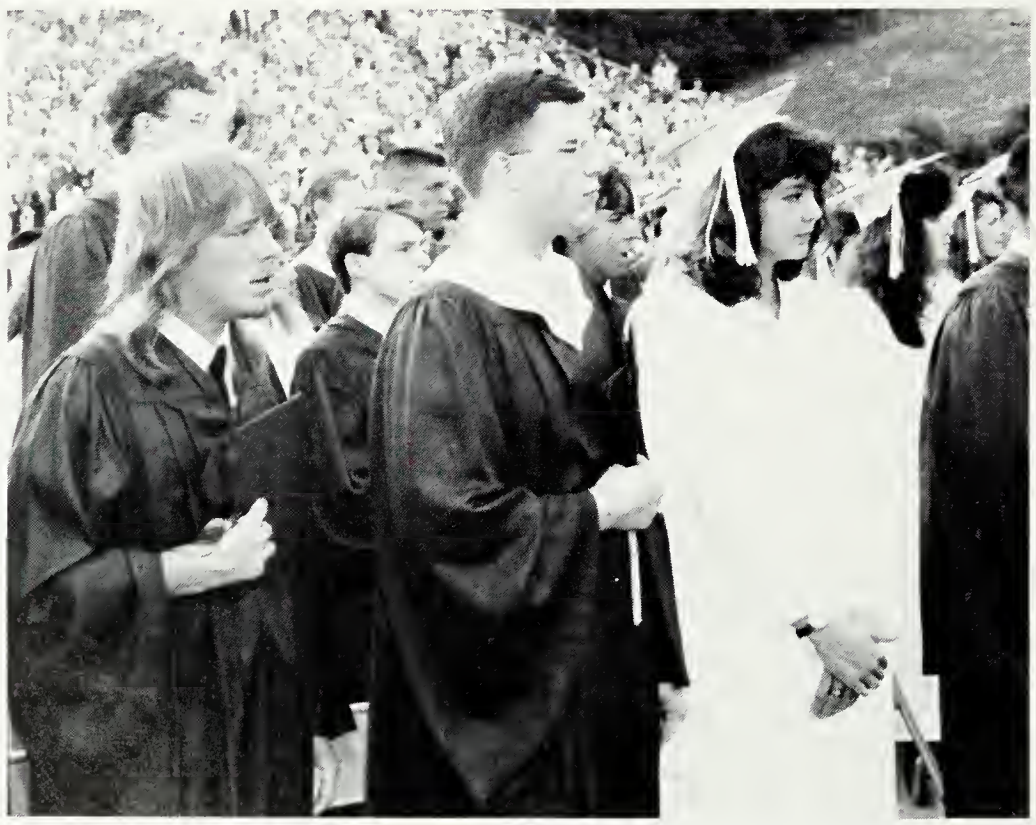
Long hours of rehearsals were spent preparing the Orchestra, directed by Gary Zolman. The Orchestra's lively performance was rewarded by the applause from the audience.

As Old Sally, played by Sabrina Leckner, dies, her nurse, Maureen McGovern, and Mrs. Bumble, Mindy Dovberg, comfort her. In her last breath, Old Sally gave information and Oliver's birth locket to Mrs. Bumble.



In a Mary Martin fashion, Kris Smerick cleverly plays Oliver and soon becomes the newest edition to Fagin's Gang. Fagin, Andy Wynn, and the Artful Dodger, Dave Pomerantz, taught Oliver tricks of the trade as Bette, Molly Lowndes, Nancy, Heather Cannon, Bill Sikes, Kris Thayer, and other members of the gang keep a close watch.

Signifying their graduation, Andrew Bourne and other seniors throw up their caps on cue. Screams and joy accompanied the tears and sorrow of the end of four long years.



With the men's hats off, Curtis Carl, Chris Caplinger, and Ginny Canfield stand solemnly while the band plays the National Anthem. The band, made up of both Symphonic and Concert band members, accompanied graduates throughout the ceremony.

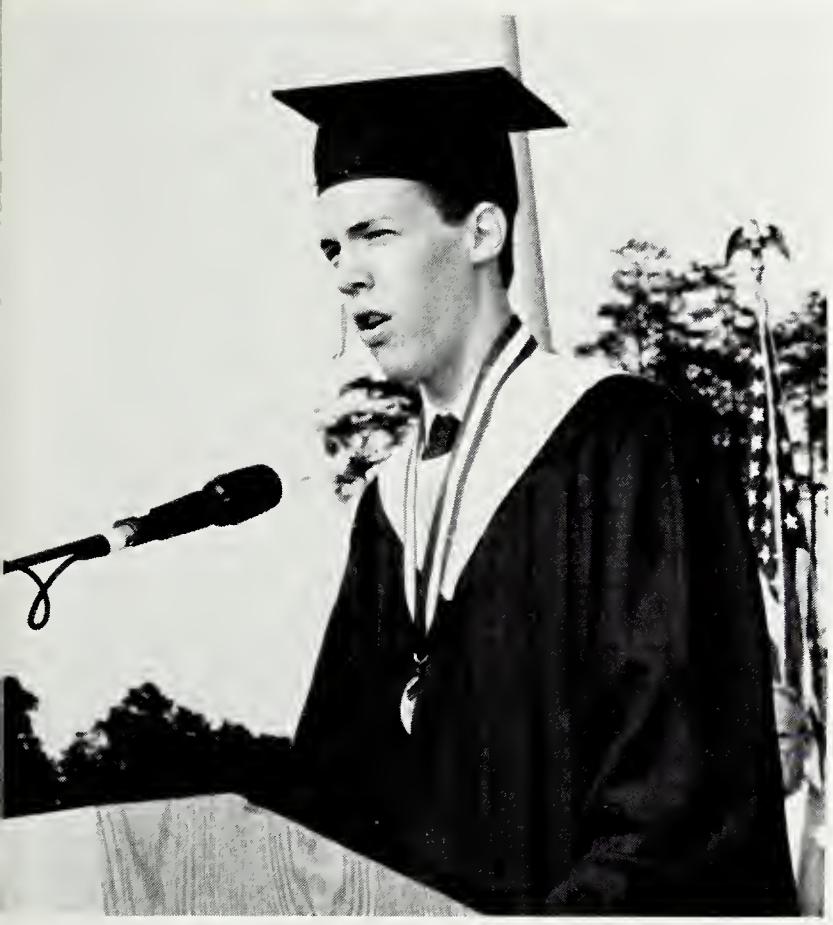


Fellow classmates rise to honor Carlos Williams as he approaches the platform to receive his diploma. Classmates honored Carlos for his completion of four years of high school despite his handicap of blindness.

Watching the faces of the graduates seated before him, Dr. Edward Kelly expresses the importance of adults retaining their youth and applying this principle to all aspects of their future.



As he listens intently to the acclamations of bewilderment and joy proclaimed by graduating senior, Tracy Jarvis, Mr. John Compel recalls the events of the previous year.



With the flag behind him, Shawn Olds stands before parents, peers, and administrators to express his desire for the class of 1990 to remember what they stand for and to carry it into their future. Shawn and Tracy Jarvis tied for Valedictorian.



Stay Young!

Feelings of pride, accomplishment, and fear overwhelmed the crowd. Smiles were seen on some faces while tears of joy rolled down others. Excitement filled hearts as they entered Panther Stadium. It was the same stadium they flocked to for football games, and it was the stadium where they would say good-bye. Memories flooded their minds. To some the thought of leaving was wonderful. For others it was difficult to move on. They would have memories of the best years of prom, homecoming, pep rallies, teachers, and friends. It was amazing how one football field could bring back four years of memories. Now it was time to leave high school behind. It was time to graduate.

Graduation! The class of 1990 learned several things that day. Guest speaker, Dr. Edward Kelly, Superintendent of Prince William County Schools, suggested, "Don't abandon your youth too quickly. It is very important that you stay young. Youth isn't just a time of life but a state of mind. You can become an adult and still stay young as long as your heart and mind holds the youth." Quoting General Douglaus MacArthur, Dr. Kelly instructed, "No one grows old simply by living a certain number of years. People grow old by losing their courage, their appetite for adventure, and by accepting the ease of life."

Dr. Kelly talked of changes and quoted President John F. Kennedy, "Things don't just happen. People make them happen, and as you become an adult, I ask that you keep your youth and become one of those who make things happen."

As the diplomas were awarded, a hush came over the crowd when Carlos Williams approached the platform. The audience stood in ovation honoring Carlos for completion of school despite his blindness. He was admired and rewarded for his triumph.

Once the diplomas were awarded, Mrs. Ann Lockett officially declared the students as graduates. Caps flew as cheers, hugs and congratulations were shared. As the class marched off of the field for the last time, they felt proud. -By Angela Stanley

During lunch, Molly Bushey helps Jennifer Suddarth with a difficult geometry problem. It was often necessary to seek out help from friends when parents and teachers were not available to help.



Trying to keep his balance while skating backwards, Sean Glover receives help from Jerry Welch. The two friends were on their way to Dolphin Beach for a pick-up game of football after school one Friday.



Lean on Them

"Everyone needs to have friends," commented Brice Page. They are people to trust, count on, and the ones who understand the most.

Everybody looked for different things in friends, whether it was social status, personality, hobbies or activities. During high school they were more important than ever as grown ups always said that these were the most difficult years to get through. "I always look for people who will trust me enough to stick by me through thick and thin," said Mandy Patton.

What were friends - really? One definition stated that friends were people attached to one another by affection or esteem. "Friends are people who are always there to listen," Renee Ruffing said.

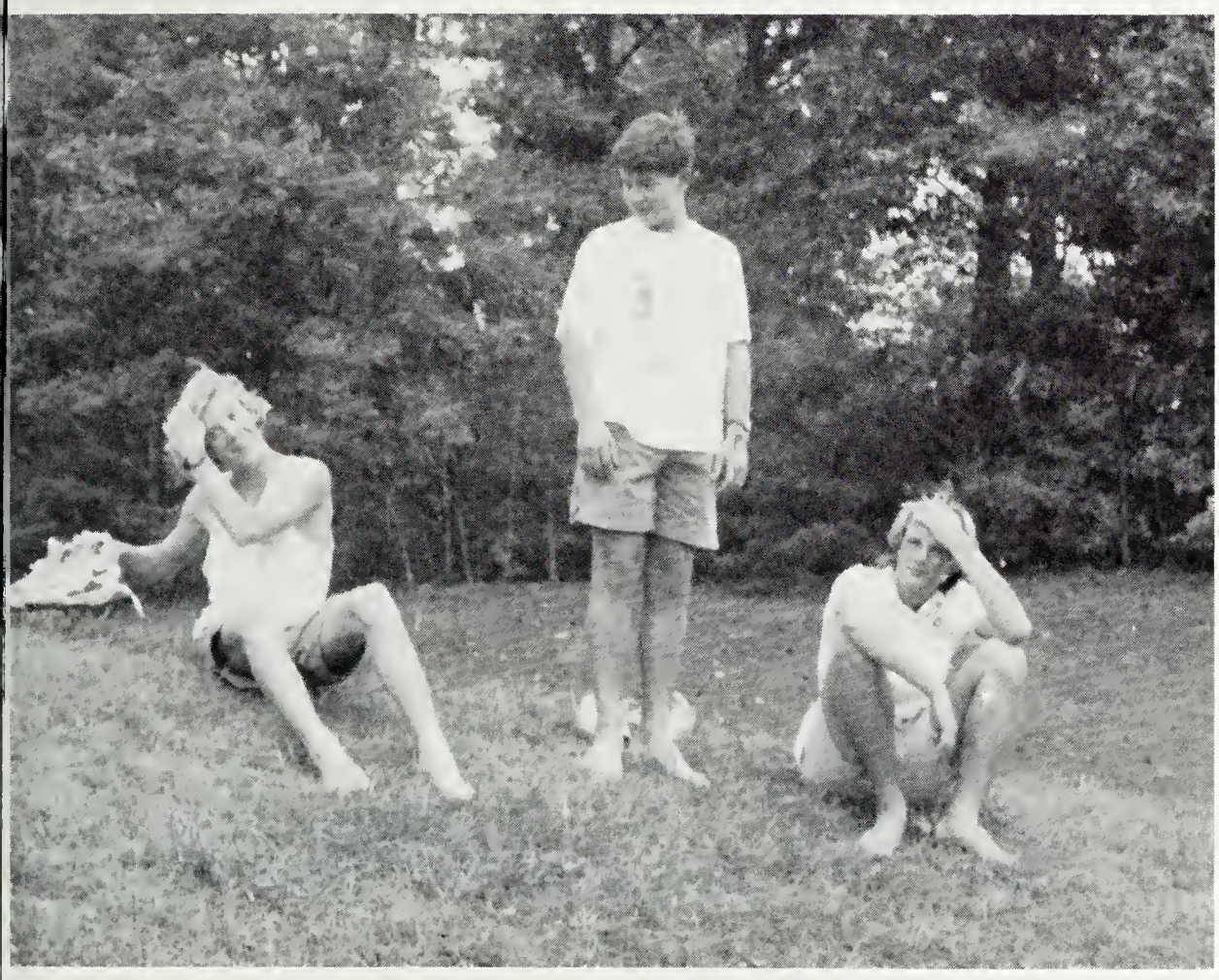
When the weekend rolled around, friends were the ones to spend time with. They could be called for last minute homework help or just to talk. Parents could also take away time with friends as punishment.

Friends were there no matter what. At three in the afternoon or even two in the morning, you could always count on friends for support or for a shoulder to lean on. - By Tracy Adams



Jennifer Rielly and Katie Nieves take their lunch time to discuss weekend plans with Billy Webb and Rommel Esquiere. Lunch was often more a sociable break from work than a time to eat.

Cheerleaders Robin Scaggs, Liz Gregory, Stef Fenning, and Chrissy Davis give a sign of victory after a wet football game against North Stafford. Activities like cheerleading gave people the opportunity to meet new friends.



Scott Warner and Paul Stieglitz wait for Lee Rummley before joining the rest of their friends for a football game on Dolphin Beach. Hanging out gave students a well deserved break from school and housework.

Culture Expo

Exotic aromas waffled through the school lobby one cool night in March. Those delicious smells were specialty items representing France, Germany, Spain, and ancient Rome. It was a time for parents and teachers to see what the students had learned; it was Foreign Language Festival.

Two months earlier, foreign language teachers planned this fun-filled event. "It was a chore organizing every detail, but the rewards were well worth it," said Mrs. Gloria Miller.

In the week before the festival, students in foreign language classes played ethnic games, dressed in costumes and showed the student body which language they spoke by wearing flags of that country. The main festival took place in the lobby and auditorium. Clubs sponsored booths selling pins, buttons and other items. Videos shown depicted the theme "Peace Through Understanding."

Each country displayed scrumptious food prepared by students. "It was extremely special to the students because they were so involved in making everything themselves, especially the food," commented Mrs. Bridget Rose.

After sampling foods, everyone settled in the auditorium for plays, short skits, songs, dances and even commercials. "It was a really neat experience," commented Mr. Donald Hiller.

It did not matter what language was spoken. Students remembered the good times they shared experiencing different cultures and nationalities. -By Stephanie Hipple



Performing a Salsa, John Gruberman and Jessica Aquino take the opportunity during a cultural experience to dance. Activities from other countries and cultures gave students the opportunity to learn more about other people's lives and views.



Is Matt Morrell lying on the ground dead? Is Chris Lopresti about to be put to death by Chad Cavendish, Gary Runion, and Shawn McCullogh? No, they were just acting out a scene from "El Cid," a play read by Spanish II students.



Dressed in costume from Mexico, David Grant shakes maracas for the camera as Mikey Dovberg looks on. Each day of the week had its own designated event, including dress up day, flag day, and cultural event day.



Adjusting the head piece of her costume, Vicki Martine shows how interesting - and a little wild - costumes can be. Most students participated in Foreign Language Week. Some dressed in costumes; others wore a country's flag.

Amy Mezny, Jennifer Marek, and Theresa Costello enjoy homemade French food while having a "cultural experience" during Foreign Language Week. The week brought with it many activities; cultural experiences were just one of them.

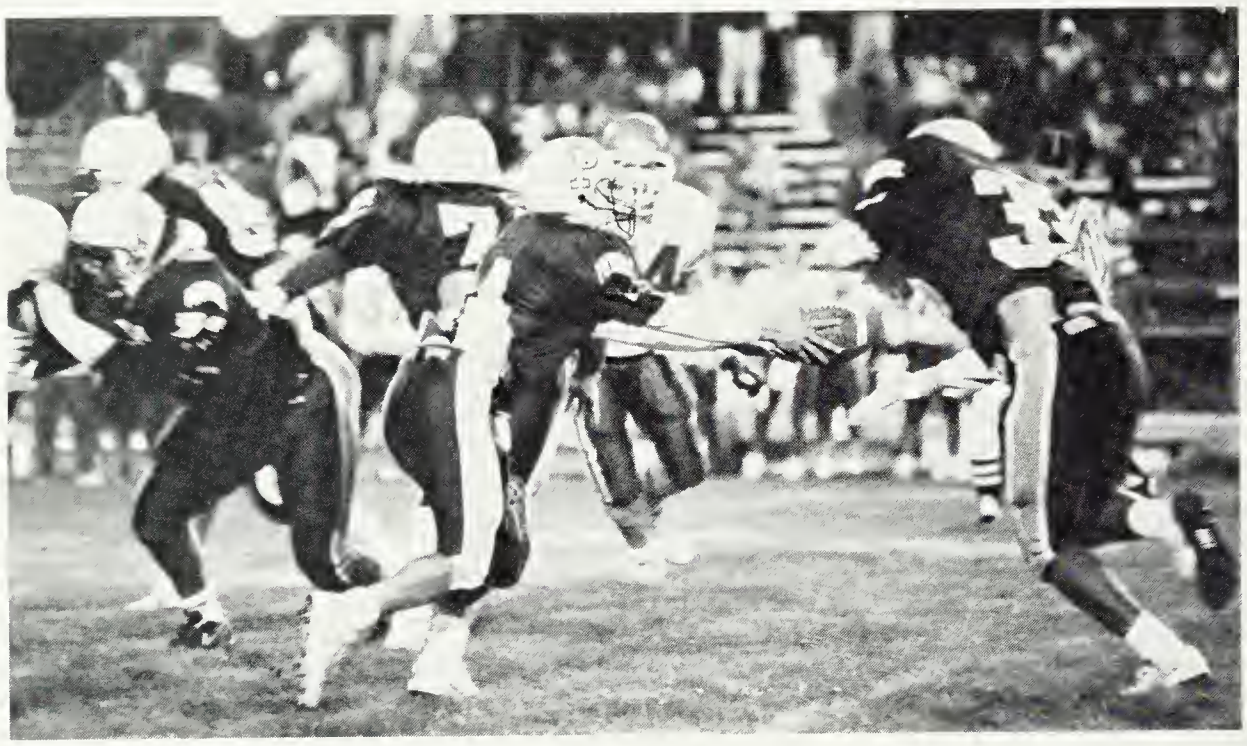




Pantherettes and Cheerleaders watch the game with anticipation as the final seconds of tick down. The Panthers defensively held the Rebels at bay for the entire fourth quarter.

Quarterback Gilbert Telleria passes the ball to Kevin McAffee in hopes of a first down. This led the Potomac Panthers to a 20 - 17 victory over the Fairfax Rebels.

During halftime at the game, band members Fred Fern, Balvin Garcia, and Chris Rinker play "Kiss the Girl" from "The Little Mermaid." The Band's show consisted of songs from the award winning movie, "The Little Mermaid."





Potomac Live

A dark shadow shrouded the lawn. As the mysterious intruder crept closer to Chris Weller's house, the laughter of working students rang out. The shadow knocked on the door. When it opened, he supplied an unusual peace offering of wood and cried out "Class of 91 Rules!" It was the beginning of Homecoming Spirit Week.

Lights, camera, action!! As students entered the building on Monday, Spirit Week dominated their lives. At the bonfire, smoke stained eyes as Fairfax Rebel dummies were consumed in flames. Everyone was psyched for the game.

Seniors dominated the parade with a float that depicted the Empire State Building from "King Kong." The Juniors rearranged "The Wizard of Oz" by killing the wicked football player from Fairfax when Dorothy's house landed on him. Sophomores depicted life from modern movies on their stage while Freshmen came out of the water long enough to show how life under the sea was with "The Little Mermaid."

At the game, the Panthers struggled to stay on top. "We really had to push ourselves as a team so we would not lose. Despite the little mistakes, we were able to recover and win," commented football player, Rich Pavone. They defeated Fairfax by only a field goal late in the third quarter.

Electricity flowed Friday night during *(Continued on page 23)*



Kevin McAffee runs down the field with caution toward the end zone hoping to score for the Panthers. Hours of practice helped build skills for a strong team.



Panther fans cheer on the kicker at the field goal attempt in the third quarter that led the Panthers to victory. Graduates lined the crowd as many from the community came out to support the team for the close homecoming game against Fairfax.

Homecoming Results

Halls

1st Seniors
2nd Sophomores
3rd Juniors
4th Freshmen

Spirit Links

1st Seniors
2nd Sophomores
3rd Juniors
4th Freshmen

Dress-Up Days

1st Seniors
2nd Juniors
3rd Sophomores
4th Freshmen

Bonfire Dummy

1st Seniors
2nd Freshmen
3rd Sophomores
4th Juniors

Floats

1st Seniors
2nd Juniors
3rd Sophomores
4th Freshmen

Overall Spirited

1st Seniors
2nd Sophomores
3rd Juniors
4th Freshmen



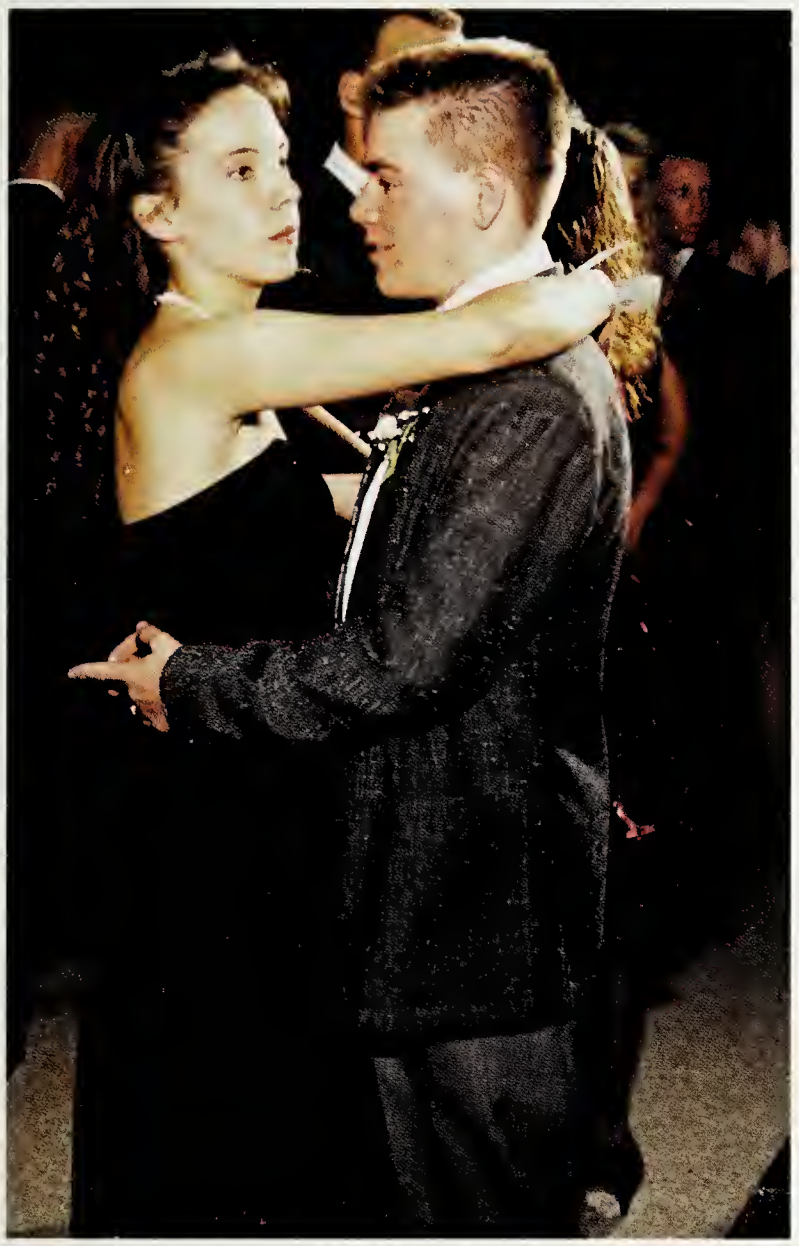
Freshmen officers throw their second place dummy into the bonfire on Wednesday of Spirit Week. The dummy sparked and fizzed before giving in to the flames which engulfed it.

Teresa Ryerse and Diana Morse wave as the NHS float passes the camera during the parade. They dressed up to depict characters from the movie "The Revenge of the Nerds" and rode on the "tank," a '68 Chrysler Newport.

Homecoming Queen and King, Andrea Silcox and David Baldwin, take their royal dance to "Unchained Melody." They were crowned during halftime, but were treated as true royalty, red carpet and all, at the dance.







Friends Amy Charleston and Jon Spetrino dance to the dee jay's selection of slow music. As friends or couples, Homecoming was enjoyed by all who attended.

Taking time from dancing, Allen Browning and Stacie Clemmons discuss life at college. Allen returned from college for Homecoming as did many graduates.





Four Star Affair

(continued from page 20)

halftime as the winners for Spirit Week were announced. "Seniors swept it all!" proclaimed Colin Kalbfleisch when he heard that seniors took first in all events. Freshmen earned the title of the best freshman class in Potomac history.

Grand Marshals, Mrs. Ann Lockett and Mr. John Jenkins, crowned Homecoming queen, Andrea Silcox, and escorted her off the field because the king, Dave Baldwin, was with the football team in the locker room.

With the game over, the only part of Homecoming left was the dance. Preparations began weeks in advance. Girls shopped for that "special" dress, and guys had to decide what to wear too. From ordering the corsage and boutonniere to placing dinner reservations, every detail had to be covered.

Finally, the big night arrived. Mom and Dad waited, camera in hand, as corsages and boutonnieres were exchanged and pictures were taken. At the dance balloons and streamers of mauve and silver decorated the cafeteria. Students danced to the music of the dee jay, stood in line for pictures, or sat around and talked.

After the dance, couples headed out for a midnight snack or an early breakfast. The activities were great and happened all in a week. -By Tracy Adams, Stephanie Hipple, and Melanie Corbin

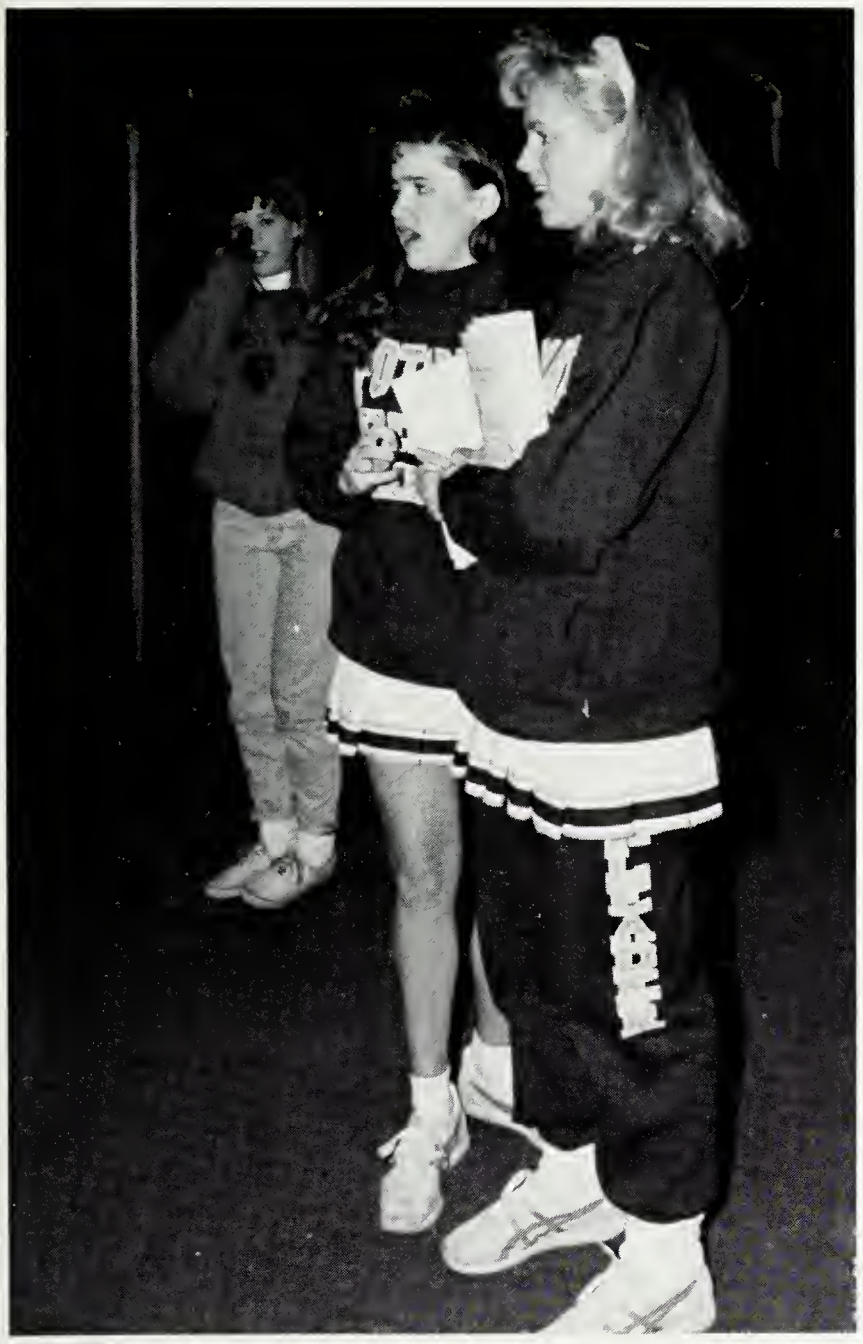
Walking behind the Senior float, Shannon Bateman, Jason Brown and Valerie Tidwell add a diversity of characters to the cast of characters in the parade. The senior float was a replica of the Empire State Building from the movie "King Kong."



Steve Graham turns in his money for selling apples to choir director, Mr. Melvin Goodwyn. The money raised from these and countless other fundraisers went towards the Camarata trip to San Francisco.

Helping to support the yearbook, Stefanie Hipple writes out a reciept for money during Lunch B. Yearbook staff had to raise about $25,000 through sales to pay for the book.





Selling programs for the benefit of the Athletic Boosters, Freshmen Cheerleaders Robin Purdy and Kathryn Schwetje try to keep warm in the cold October night. The cheerleaders sold ads for the programs throughout the year.

During lunch, Jason Deptula counts the money the Orchesta Boosters raised from their tee-shirt sales. The new design was done especially for them by a local artist.





Money in the Bank

The bank statement came to the school, C.O.D., with twenty cents left in the account. Heads collaborated to come up with some original money-making ideas. Organizers found it frustrating and challenging to come up with ideas that would make money and also be interesting.

Stressed by the problem of not knowing how much money was needed, club sponsors resorted to fundraisers to raise money needed for the entire year. Organization began long before the fundraiser to decide what was going to be done and who was going to do it.

In order for money to be made, clubs tried to come up with original ideas. The traditional bake sales, car washes, and candy sales dominated the top of the idea list for many activities. Others used ideas such as the sale of sweatshirts, t-shirts, and programs for various sports.

Preparation was the key to making money with fundraisers. The success of money making projects carried all the way to the bank. -By Sarah Lawson

Diana Morse shows her cheese and sausage advertisement to Lisa Grotz and Erik Gillespe during lunch. Students often supported each others' fundraising efforts.



Attempting to win the spirit stick, juniors chant while showing their spirit with a sign "J-U-N-I-O-R-S." There was always a constant battle between classes to out do each other at a pep rally.

Shaving Cream Psychs Spirit

With shaving cream smeared on faces and toilet paper flying through the warm air and sunshine, students shouted with spirit. The day was perfect for a pep rally. "I stood up, cheered, and even sprayed silly string," laughed Brendon Smith.

Throughout the day the words "Beat Gar-Field!" echoed through the halls. During lunches, some seniors stood on tables and chairs and held up signs while other enthusiastic upperclassmen cheered them on. The excitement mounted as students filed out of the school building and into the stadium.

At the pep rally, the Marching Band, Pantherettes, and Cheerleaders performed, and the seasonal teams were introduced. "Pep rallies were a great way to let off stress and to get students and team members psyched up for the game," exclaimed Jeremy Tuten.

The excitement continued as students left the stadium headed for home. Spirit and enthusiasm carried over to the game of the night. Panther fever and vigor proved very contagious. -by Cathy Ramsey



Drum major, Wendy Deabenderfer, marks time while conducting the band during a pep rally. Due to the shortness of the pep rally, the band only played the first song of their show as the student body entered the stadium.



Shaving cream, confetti and toilet paper are the ingredients for a spirited pep rally. Seniors showed their spirit and determination to over power other classes by throwing confetti and chanting with the cheerleaders.



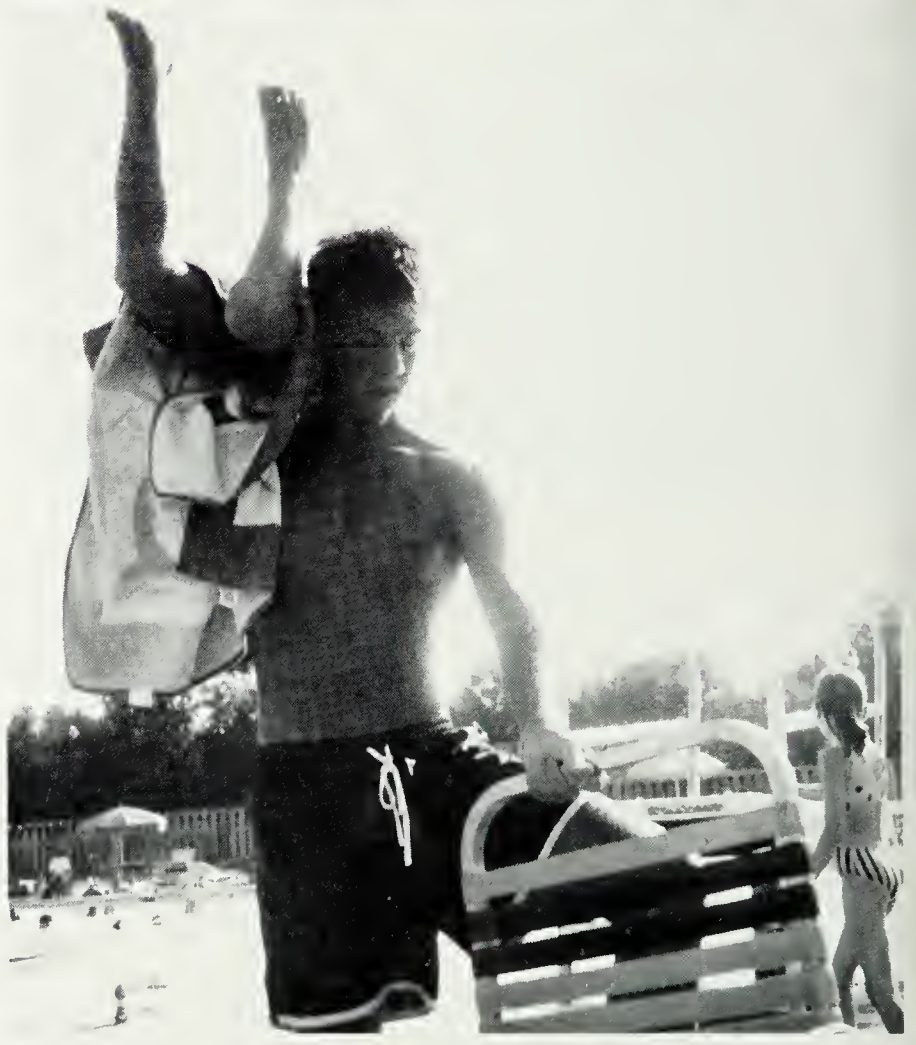
Foreign exchange student, Fredrick Fern, with other band members, perform the opening number of their show as students enter the stadium. The award-winning band performed music from the hit movie "The Little Mermaid."



As the Pantherettes share his enthusiam, Panther mascot, Tom Blanks, raises his arms to victory after defeating the Gar-Field Indian. Pep rallies were held to psych everyone up before a game.

The grill sizzles as Mr.Russ Bowling and Mr. Steve Prifti prepare food for the student-faculty picnic. The J.V. baseball field was transformed into a place for food, fun, and relaxation.

Not about to loose his chair to anyone, Chris Landrum throws William Wright, also known as "Wild Bill," over his shoulder. Chairs at local pools were precious, hard to find, and easy to loose.



Waking up at 5:00, Amanda Blanks helps to prepare a special breakfast in bed for a friend who had to leave Governor's school early. They wanted it to be special because he was not able to attend the closing ceremonies.



Kris Smerick and Adron Bediant form a bucket brigade to carry sand from the ground to the roof of a church they helped to build in Mexico. Their church youth group raised the money throughout the year that made both the trip and the construction possible.





Freedom Express

Wherever It Led

It was a time for being a couch potato, lying on the beach, or taking long trips away from home, being brain dead and maybe even getting a job. No, it wasn't graduation; it was summertime, summertime, sum...sum...sum...summertime...

June to August was the time most students looked forward to. It was when no one worried about homework or getting through the halls at lunchtime. Summer meant relaxation and freedom.

Jennifer Burke replied, "I had the best summer just sleeping!" Everyone who wasn't working got a chance to catch up on sleep. Lifeguarding, working at fast food restaurants, and working in clothing stores were the most popular jobs. They provided extra money to go to special places or buy needed items.

For a few, summer meant traveling to fun, new, and exciting places like cross country trips, or even Europe. Janelle Gillis exclaimed, "I went to the Bahamas and got lost at the airport!"

Whether it was staying home with friends or taking off to wild, untamed lands with only Mom and Dad, summer was the time to be free. - by Molly Bushey

Celebrating his birthday with Lisa Higbe, whose birthday also fell on July 27th, Ralph Ragosta livens up his six weeks of Governor's School. This was a time not only for learning, but also for making friends from all around the state.

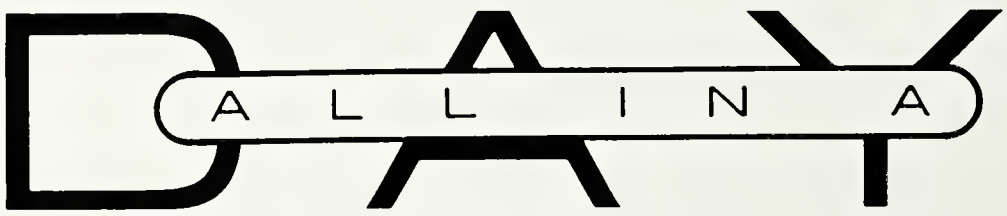
Pursuit of Excellence

As the clock ticked off the last seconds of the game, all hours of physical and mental practice paid off. Every goal achieved on and off the field led to victory. Coaches, athletes, and fans all became a part of the game. Their pursuit of excellence depended on how much they could accomplish.

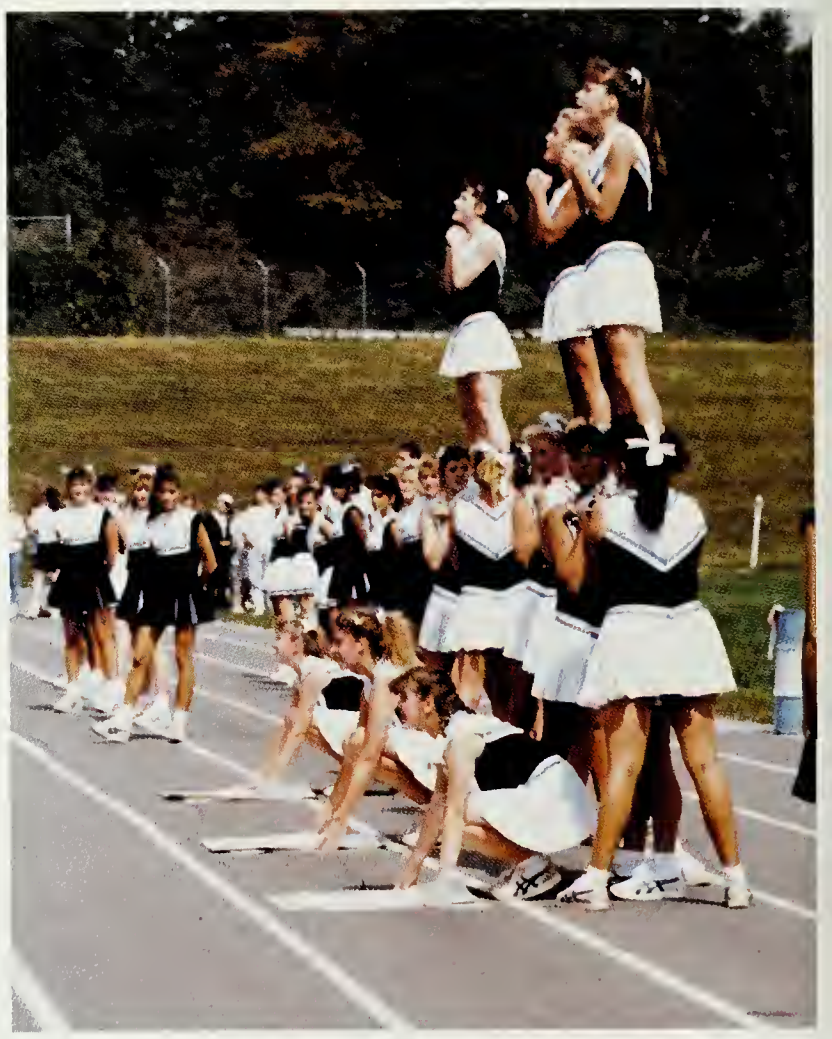
Games were a major social event. While players spent the week preparing mentally and physically for upcoming games, fans also prepared by clearing schedules, finding rides and being all around spirited.

The new schedule of a seven period day cut into the lives of everybody. The additional period meant more work and more studying. Athletes had to work harder while coaches had to learn to pace teams. Even with less time for socializing, participation in community activies, and quality time with famlies, individuals as well as teams prevailed. Paul Colangelo won not only his first Regional title, but also advanced to the State match. The Volleyball team became coach Al Eaton's "dream team" by winning the District Championship. The football team held on to their Commonwealth District record of consecutive wins, defeating all of their seasonal opponents. The Marching Band became known as "The Pride of Potomac" through the many awards they brought home from competitions.

All of these athletes found a way to achieve their goals. They sacrificed for what they believed. The time they found led them to their pursuit of excellence and made students, faculty, administration, and parents proud. - by Asta Roques and Mike Overton



During a pep rally, Karen Heiber, Lisa Grotz, and Lori Wagner prepare signs saying "Go," "Fight," and "Win" for their next cheer. The student body stood up and took notice when the Cheerleaders used signs as an addition to their cheers. Definately an eye opener, it helped to involve the fans in cheers.





Using their team's spare jug of water, Xandra Bense and Denise Blair drench themselves as well as Coach Al Eaton in spontaneous gratitude for teaching them the principles of style, speed, and sportsmanship. His help, along with hard work, enabled the Girl's Softball team to defeat Woodbridge High School in an emotion packed, heart stopping district game that led them to win the District Championship.

A New Beginning

As the season began, everyone thought the same thing. Would the team win? Only one of the top six players returned, and with such a new, young team, the players had no idea how far they would go. The team worked hard to prove they could win, even against the worst odds.

Coach Eddie Campbell stated, "Every year, we start with sophomores and freshmen and build from there."

Drills and match play proved effective. The team finished second in the District.

Paul Colangelo won second District and first Regional titles. Colangelo and Andy West won the doubles District and Regional. Paul advanced to State. For a new team to take Regionals took hours of training and dedication.

Jon Nelson expressed, "When we make it to Regionals after losing five of our top six players, we know the team is something special." -By Scott Warner



Walter Smith prepares to hit the ball at a match against Osbourn Park. Walter, seeded seventh on the team, went on to play an exciting match.

Boys Tennis **8**-3

5	Osbourn Park	4
9	Fauquier	0
7	Stafford	2
1	Woodbridge	7
7	Gar-Field	2
8	N. Stafford	1
9	James Wood	0
9	Stonewall	0
8	Osbourn Park	1
3	Woodbridge	6
3	E.C. Glass	6

Off the Court

They exert all their energy on the last drill. Out of breath, they start back to the court exchanging a few jokes along the way. The last drill just about killed them.

Every Saturday a group of players met at the Montclair Country Club. The group, led by pro Adrian Zahand, did drills such as interval running, serving games, and match play. Paul Hurlocker stated, "It's a tough workout, but it helps keep us in shape."

Many of the players also entered tournaments in the area, and did quite well. Chris Payant reached the finals of a Fredericksburg tournament. Marc Hurst and Mike Burns played tournaments in Burke. - By Scott Warner

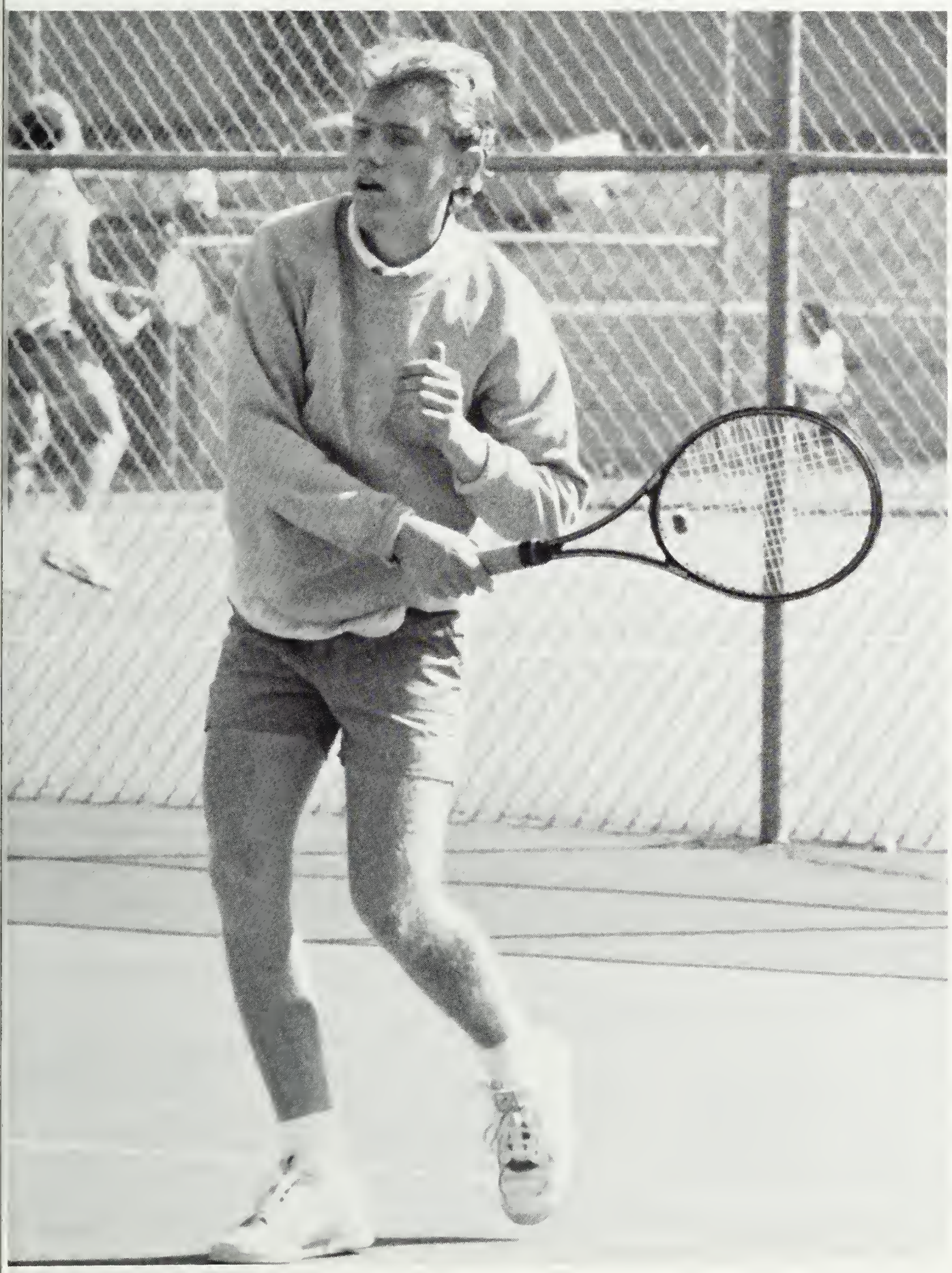


Stretching for more power and height, Paul Hurlocker works on perfecting his serve, one of the most important strokes, at the Country Club.



Varsity

Front Row: Kyle Van Houton, Jason Erie, Paul Colangelo, Marc Hurst, Scott Warner **Second Row**: Ron Saemann, Jon Nelson, Mike Burns, Mike Pitts **Back Row**: Averill Anderson, Walter Smith, Paul Hurlocker, Andy West, Romeo Miranda.





During a match against Osbourn Park, Marc Hurst examines a broken string on his racket. To be prepared for such occurrences, the players brought extra rackets.

Chris Payant follows through on his powerful serve. Seeded third on the team, Chris easily won his match against Osbourn Park with his consistent play.

"Die Hard"

Neither rain nor snow nor the dark of night could keep the fans from the duty which awaited them--showing their spirit for the team.

Fans went crazy at games. Supplies, from signs to crazy string and face paint, were used liberally. Preparation for the game meant applying blue and white face paint and purchasing the loudest noisemakers available.

While students went to extremes to show support by going all out at pep rallies and storming the field after a victory, enthusiastic parents gave spirit and support too. Mothers, equipped with signs and banners, were there to boost the morale of the team. Fathers showed their spirit by celebrating a good play or arguing an umpire's call.

"I liked to go to summer sport events because I didn't have to wear a coat or gloves," remarked Michele Cummerford. Although mother nature and long drives could keep some fans home, the die hard fan found a way to get to the game. -By Mike Overton



By the third quarter of the North Stafford game, Potomac held a substantial lead. Yet, the fans stayed to cheer the Panthers on to the end.

Varsity Softball **12**-1-3

8	Osbourn Park	8
7	N. Stafford	3
19	Fauquier	3
9	Gar-Field	10
5	Woodbridge	3
5	Stonewall	3
25	Stafford	4
16	James Wood	13
6	Osbourn Park	1
6	N. Stafford	9
15	Fauquier	2
1	Gar-Field	6
9	Woodbridge	3
14	Stonewall	4
22	Stafford	3
2	James Wood	1



Sheri Costa digs in to make a powerful swing and a solid hit. Although she is better known for her excellent pitching, she held a .436 batting average at the end of the season.

After fielding the ball, Denise Blair makes the throw to second to prevent the baserunner from advancing. The strong Panther outfield kept scoring chances to a minimum.



Xandra Bense, playing shortstop, scoops up a short infield hit for the throw to first. The out was easy to achieve thanks to Xandra's extremely powerful throws.



One Last Shot

"Over time we realized that if we wanted to do anything, we had to do it now. So we just started to get real serious," commented Sheri Costa about the season. Since over half of the team was seniors who had never experienced a win out of the district, there was a certain feeling of desire for a truly victorious season. This changed attitude, along with many good experienced players, helped the team advance to the state tournament.

As the softball team's standing in the Commonwealth District improved, so did the game attendance as they advanced toward the state finals. While it was rare to find over fifteen fans at a regular season game, the post-season games drew three times that many. Although they were knocked out of the state tournament in the quarter final game, they made it further than the past five years. The team beat Woodbridge three times this year. The Panthers last victory over them was five years ago. The girls played hard together and earned four spots on the All-District team. Several other awards and recognitions were received by players, including Sheri Costa who was named to All-Met among others. - By Mike Overton



Although she is usually defending home plate, Jennifer Roy becomes the aggressor and slides in safe. Jennifer was a big asset to both the offense and defense.

J.V. Front Row: Lara Holt, Kristi Gagnon **Second Row:** Lisa Whalin, Angie Hoyt, Beth Greer, Angela Stanley, Michelle Gagnon, Kelly Doval **Back Row:** Jeni Humphries, Kelly Thomas, Christy Griffith, Melissa Dowell, Jackie Overton, Vikki Allen, Coach





Varsity

Front Row: Kelly Jones, Krista Nordenn **Second Row:** Kristy Blair, Aileen Callahan, Vikki Allen, Jennifer Roy **Back Row:** Coach Al Eaton, Sheri Costa, Amy LeBrun, Jill Hauschildt, Denise Blair, Maura Barrett, Xandra Bense, Coach Dave Colcombe

Varsity Baseball 15-5

7	Osbourn Park	6
6	WT Woodson	10
8	N. Stafford	7
11	Fauquier	2
7	Robinson	5
8	Gar-Field	4
3	Woodbridge	1
11	Stonewall	2
17	Stafford	4
10	James Wood	9
0	Osbourn Park	3
11	N. Stafford	13
18	Fauquier	2
10	Gar-Field	8
4	Woodbridge	5
14	Stonewall	4
4	Stafford	2
3	James Wood	1
8	Gar-Field	4
1	Woodbridge	2

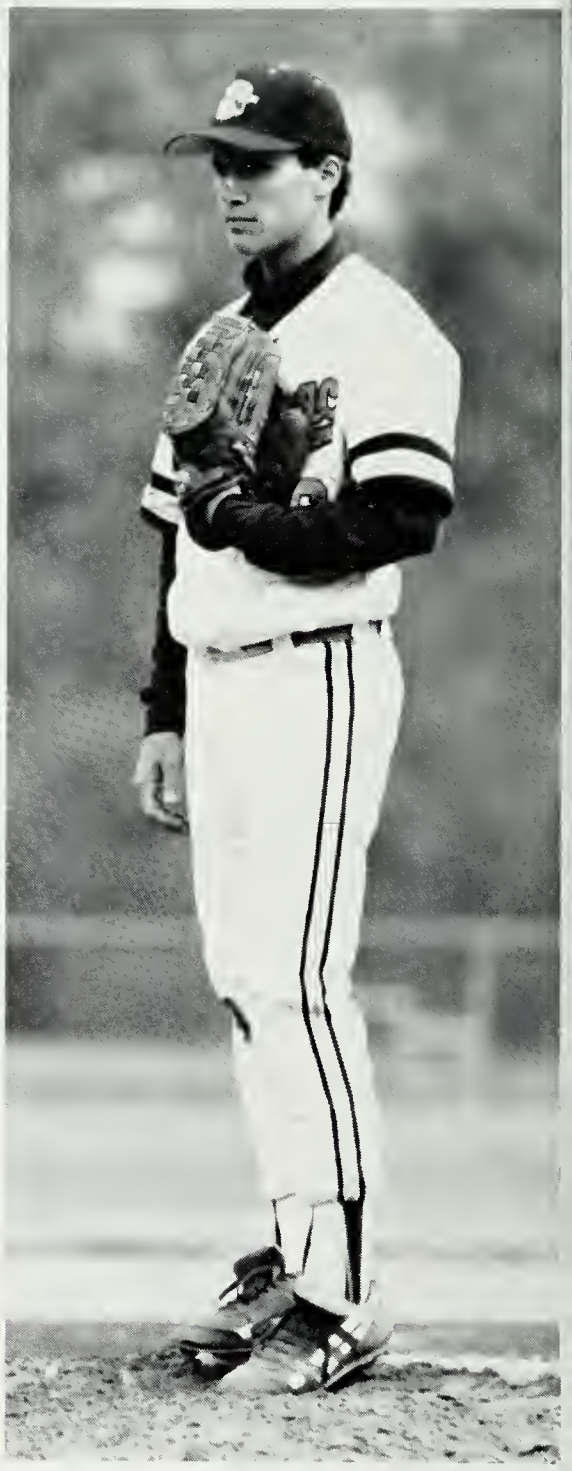


Second baseman Jason Page puts the tag on a Woodbridge player who was attempting to steal second base.



Junior Varsity-Front Row: Gary Blake, Ian Prymak, Matt Murphy, Collin Callan, Travis Sprague, Brian Stone **Second Row**: Mike Whitten, Jeff Hootselle, Rick Clark, Shane Stitts, Jimmy Grisby, Ben Jones **Back Row**: Lindsay Horne, Mike Epke, Kevin Brown, Sonny Moss, Billy Rea, Jeff Vandesand, Thomas Becker, Coach Mike Eye.

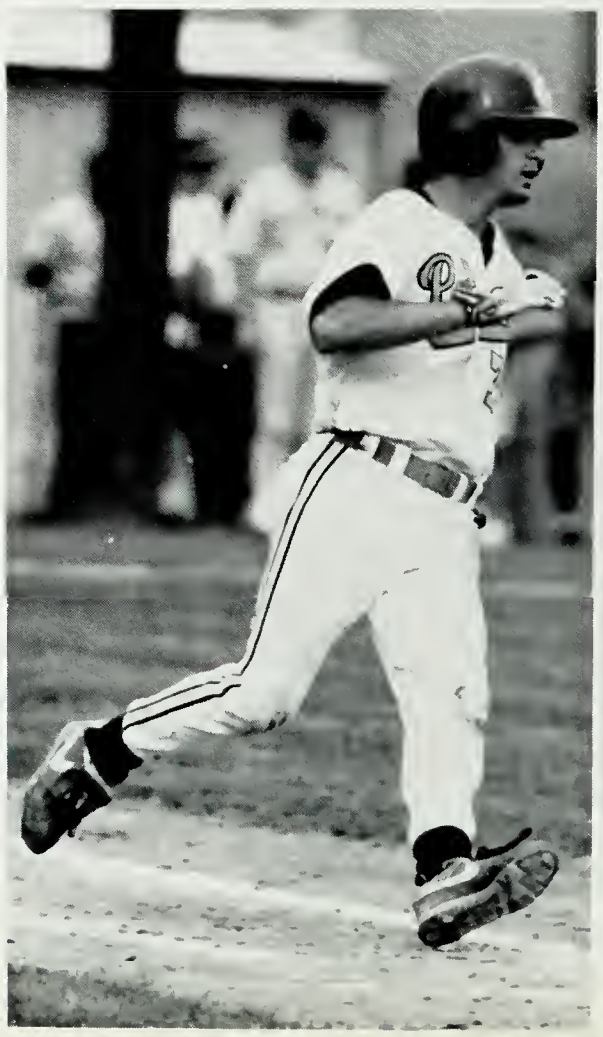
Standing on the mound, #16 Ryan Overholt portrays his perfect pitcher pose, striking out his opponant. Throughout the season, 57% of Ryan's pitches were strikes.



A Classic Event

At the Fifth Annual Potomac Fall Baseball Classic, eight high school all-star baseball teams from Virginia and four surrounding states gathered on the first weekend in October. Potomac players, Jason Page and Sal Colangelo, have been contacted by several of the college coaches and professional scouts attending the event.

The number of teams that participated this year more than tripled that of five years ago, and attendance of the event by fans, friends, family, and coaches reached 3,000 people over the three day weekend. This was not only the first but the most successful year for the Classic at the Prince William Stadium Complex. "If one player can get something out of it, a college education for their performance, than it was worth it to me," said Coach Jerry Gardziel. - By Tara Rohren

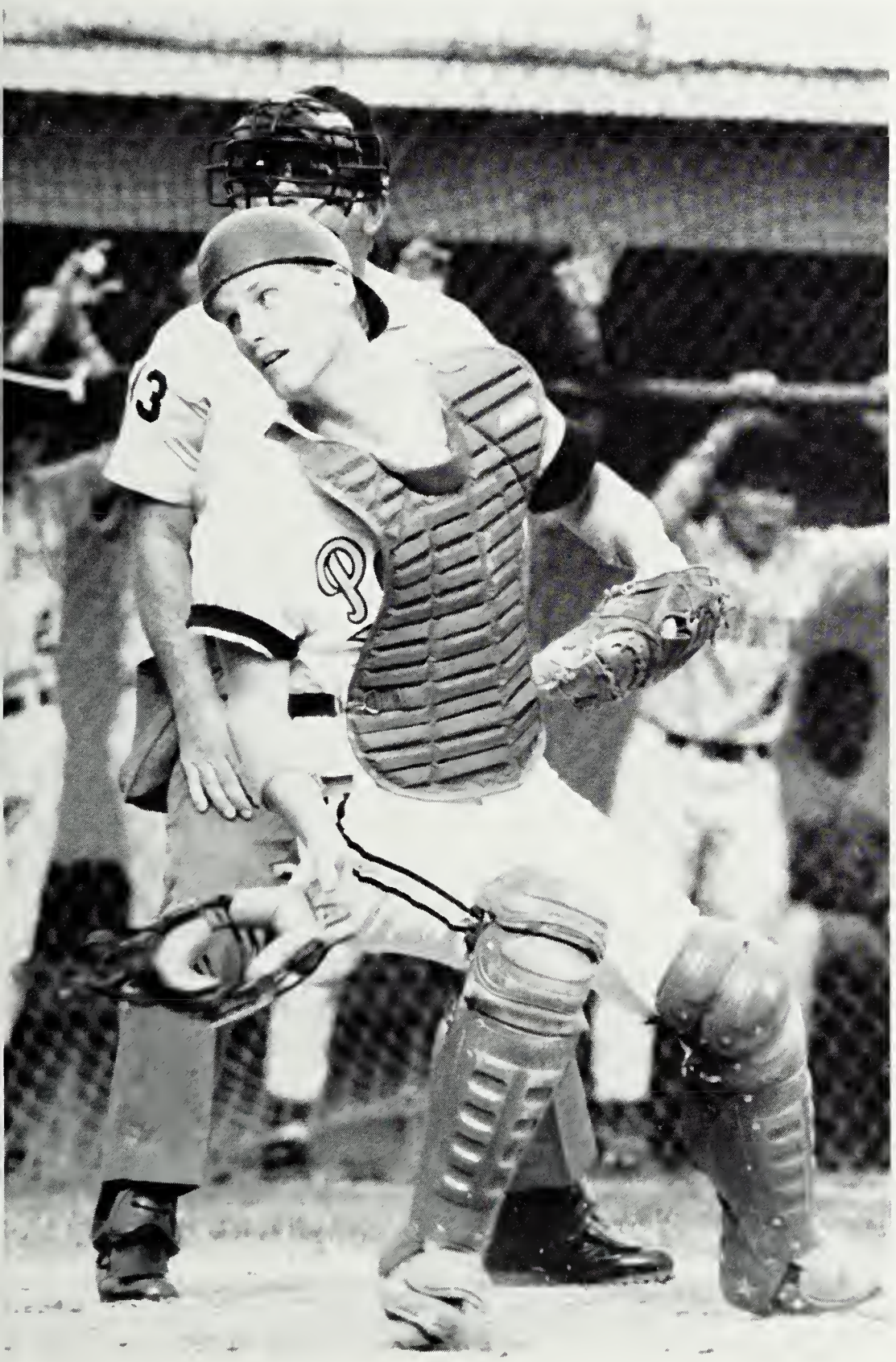


All-Regional first team pic, Sal Colangelo, safely runs to first base after slamming a single. Sal Colangelo, a four year starter for Potomac's Varsity team, was one of the nine players from Potomac who attended the Classic.



Varsity

Front Row: Brian Fitzgarold, Jon Spetrino, Gary Blake, Sal Colangelo, Benny Jones, Corey Snyder **Second Row**: Ryan Overholt, Brad Whitehurst, Mike Sines, Tim Dearing, Jason Page, Vince Natale, Chris St. Jean **Back Row**: Coach Mike Covington, Mike Karmovich, Chris Weller, Pat Baker, David Alacnowicz, Mike Laskofski, Tony Wools, Matt Yohey, Coach Jerry Gardziel



Tim Dearing chucks his face mask to catch a foul ball in a game against Woodbridge. Although Tim played catcher, he held one of the highest batting averages on the team.

Skill Prevails

When asked to name a highlight of the season, Sal Colangelo replied, "It would have to be the game against James Wood. We were down seven runs in the bottom of the seventh and came back to win that game 10-9." For a team to be able to do this, there was a great amount of skill and determination involved.

Personal accomplishments such as Mike Laskofski's 21 RBI's and a Potomac record high of 26 stolen bases by Sal Colangelo contributed to the team effort put forth by everyone. "First we are a team and there is no 'I' in a team," Coach Gardziel stated. Many players supported this theory as well as individual achievements by everyone.

To climb all the way to the District finals is not unusual with Potomac's past triumphs taken into consideration. With a team dominated with a greater youth than in years past and a loss of only 5 seniors, the effort was sure to carry on. - By Tara Rohren

Road to Perfection

After buying the much needed Coke and candy bar, gossiping with friends, and putting on a comfortable short and T-shirt outfit, you trudge up to the field. Already, you have procrastinated too long and realize what must be done. It is time to clear the mind and...to practice.

Practices ranged from running one and a half miles to scrimmaging against each other to performing dances in the front lobby. Girls Soccer held practice in the midst of "The Swamp," a name the field received due to the rainy spring and the mud that resulted. The band spent the afternoons rehearsing songs. Football, basketball, golf, tennis, track, cross-country, cheerleading and all other activities required practice and planning.

No matter what type of practice, students, teachers, and coaches spent time after school to build the skills needed to win. - By 'Asta Roques



Coach David Sullivan reviews plays with the J.V. football team to be run against the Varsity defense during an indoor practice. Practicing against a better team offered a challenge for the developing Junior Varsity team.

Varsity **3**-4-3

2	Stonewall	1
0	Gar-Field	2
1	Stafford	1
1	Stafford	0
0	Gar-Field	2
1	N. Stafford	0
0	Stonewall	0
1	Osbourn Park	1
0	Woodbridge	3
1	Fauquier	2





Strong defender, Kindra Freiherr and Carrie Yacono steal the ball from their opponent. Carrie dribbled the ball upfield, deep into North Stafford territory.

North Stafford girls chase midfielder, Amanda Blanks, down the field. Amanda rushed by them to take the ball to the goal.



J.V. Soccer Front Row:Erin Merica, Lori Jankiewicz, Meghan Madsen, Megan Jacoby, Jennifer Rogers **Second Row**: Bridget Byington, Jennifer Markiewicz Katie Horowitz, Nicole Embrey, Guadie Montesa **Back Row**: Shelly Henkell, Leigh Ann Farris, Stacie Tarbet, Claire Collins, Ashley Rogers, Coach Mark Purtell

Mid-fielder Nikki Arnold gets aggressive in her challenge for the ball. Surrounded by Wolverines, she managed to get a leg in and clear the ball.



Defensive Attitude

The girls soccer program saw a fairly successful season. The team relied on the talents of individuals as well as cooperation, teamwork being an important factor.

"Our best games were the ones on which we worked as a team," said Liz Hines, "even if we lost in the end."

While the team worked on being a whole, teammates recognized Carey Riordan, Kindra Freiherr, and Kristen Cain as outstanding individuals for their defensive efforts.

The season ended with the team placing sixth in Districts. They showed strong defensive and goal keeping skills despite their loss. "There was a slight lack of communication with the offense, but otherwise, we played hard, " Kristen Lott remarked. - By Amy Waldhauser



Varsity

Front Row: Amanda Blanks, Jeanette Hale, Liz Hines, Kristen Cain, Tara Christian, Hyun Joo Lee **Second Row**: Angie Deck, Carey Riordan, Kindra Freiherr, Carrie Yacono, Kristen Lott, Shelly Eveslage, Brooke Kimmel **Back Row**: Jennifer Meininger, Nikki Arnold, Theresa Deck, Kim Slater, Jennifer Scudamore, Katie O'Connor, Coach Karen Mays

Success Through Teamwork

One could learn a variety of disciplines as a member of the soccer team. As the season progressed, the young team began to acquire enough experience to start pulling together. "We finally began playing as a team; then we were able to perfect the basics," said Phil Caramanica.

During their difficult season, the boys' soccer team grew together while they improved their individual skills. Since they all enjoyed playing, they became a hardworking group, and team effort increased during grueling practices and trying games.

"Because of the adversity and the tough times we had, we came together as a team," commented Colin Kalbfleisch. Although they didn't have a very successful season, they learned the importance of teamwork as well as how to perfect their individual skills. By - Christian Homen

Colin Donelly makes an effort to keep the ball away from the Wolverines' players. Colin, a freshman, started in most of the games.

J. D. Cain heads down the sidelines, avoiding the defense. He became a dominant power on the field because of his combination of aggression, speed and skill.





Boys' Varsity Soccer **1**-7-1

2	Stafford	1
0	Stafford	0
1	Gar-Field	3
0	N. Stafford	1
1	Stonewall	5
2	James Wood	3
1	Osbourn Park	7
0	Woodbridge	8
1	Fauquier	3

CLOSE CALL

When the Prince William United soccer team qualified for the Regionals in Niagara Falls, they were considered one of the favorites. Four of the players, J.D. Cain, Phil Caramanica, Mark Fox and Matt West, came from Potomac High School. They did not live up to their expectations to finish in the top spot. "We didn't concentrate at the games and that kept us from advancing in the tournament," commented Mark.

P.W.U. beat Rhode Island and Georgia, but in the Pennsylvania game, they controlled it only to tie 0-0. PA had scored one more goal in the tournament, and P.W.U. was out of the quarterfinals.

The players had a lot of support from the crowd. "It was great to have all my family coming to New York watching me in the tournament against the best teams in eastern USA," said Matt West. - By Christian Homen



Coach Earl McEachron explains to his players, including Matt West, J.D. Cain, Mark Fox, and Phil Caramancia, about the basic rules of the tournament during the regional ceremonies. After this tournament, the members of Prince William United broke apart and advanced on to other soccer teams.



Varsity

First Row:Chris Anthony, Tony Scisciani, Bobby McGovern, Brendan Sullivan, Geoff Depersia, Phil Caramanica, Colin Donnelly **Second Row**:Coach Earl McEachron, Matt West, Mark Fox, Brian Sullivan, Rodney Madagan, Tom King, J. D. Cain, Bill Theroux



To prevent the Wolverines from scoring another goal, [Brendan Sullivan] dives for the ball. This was Brendan's first year as goalie for Potomac, but he played for Carlisle High School in Pennsylvania.



J.V.- **First Row**: Jason Miller, Brent Booker, Mikey Dovberg, Jim Barrows **Second Row**: William Beckman, Tim Ferenshek, Tom Blanks, Charlie Driscoll, Jason Beyer **Back Row**: Tim Hayden, Alan Deaver, Steve Boyd, John Lake, Coach Kendall Hayes, Jim St. Jean, Scott Neville, Neil Desmond, Chris Landrum

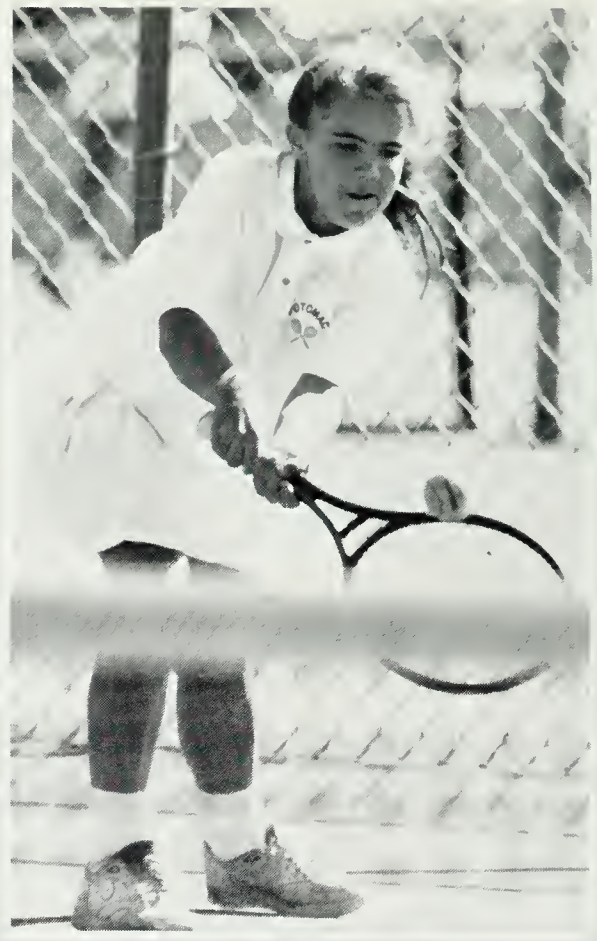
The Tennis Craze

A new wave of fashion hit the tennis world this year at Potomac. The latest fads ranged from neon colored shorts to widebody rackets.

On the team, Prince was the racket most often used. Some of the rackets were the new widebody type and others were the more traditional kind. "My racket is okay. It has great power and control," explained Sunny Klevens. Other kinds of rackets used by the girls were Donnay, Wimbledon, and Head.

Nike, Nike, Nike! By taking a look on most of the girls' feet you'd see that famous Nike logo, the swoosh. Nike's were the most popular shoe on the team. Other shoes worn by the players included Diadora, Tretorn, K-Swiss, and Wilson.

On the clothes side, neon colors were a hit. Players donned shirts advertising anything about tennis. Although white uniforms were mandatory at matches, they wore these other popular styles at practices. - By Scott Warner



Laurie Turner returns a lob to her Stafford opponent. Laurie disguised her lobs well, which helped her to stay in the point.

Girls Tennis **3**-5

3	Osbourn Park	6
4	Fauquier	5
4	Stafford	5
2	Woodbridge	7
2	Gar-Field	7
9	N. Stafford	0
6	James Wood	6
5	Stonewall	5



Number one ranked player, Karen Secord, serves the ball to her Stafford opponent. Although Karen's serve was not very powerful, her placement was excellent.

Service With A Smile

The smile turned to a big, wide grin. If you watched a player after she won a tennis match, you would witness a special grin on her face. It came from a feeling of satisfaction.

Even though tennis was a team sport, it required single players to win. Match by match, a team won or lost. The girls' tennis team went through a hard and frustrating season. They lost some close matches by a score of five to four; however they rallied to win the final three matches of the season. The team had a season of changes. Experienced players were still part of the same team, but the coach was new. Mr. John Jenkins returned as head coach for the new season. He was the coach of the team when the school opened about ten years ago. Ms. Carrie Moss, who taught at Featherstone Elementary and was also a former player for the girls' tennis team, became the new assistant coach.

The girls thought highly of Mr. Jenkins and Ms. Moss. Denise Rodriquez expressed, "Mr. Jenkins is great. He is a really good motivator." With the combination of Mr. Jenkin's motivation and Carrie Moss's tennis knowledge, the team became a hard-working group of players.

The girls came so close to victory they could smell it. The close matches they lost by scores of 5-4 and 6-3, unfortunately, kept them out of the District playoffs. - By Scott Warner



Jennifer Rogers prepares to serve to her Stafford opponent. With her exciting style of play, Jennifer went on to win her match. A victory felt good to every player.

Seeded fourth on the team, Kindra Freiherr crushes her opponet with her overpowering backhand. Kindra used her whole body to get the power she needed. Leaning into the ball and taking a full swing helped keep her backhand stay consistent.





Varsity

Front Row: Venessa Donnelly, Cindy Buckley, Vicki Garrison, Denise Rodriguez, Laurie Turner
Back Row: Sunny Klevens, Jennifer Rogers, Laura Laskosfski, Kindra Freiherr, Nikki Arnold, Karen Secord, Coach John Jenkins



Jeff Overand watches with anticipation as his putt falls short of the hole. Putting can be the most important part of a game. As the saying goes, "Drive for show and putt for dough."



On the driving range, Chris Pierce receives balls from Coach Bob Moore prior to the Gar-Field, Woodbridge match. All the players would warm up by using the range.

Golf

James Wood, Woodbridge	354-378-**437**
Woodbridge, Gar-Field	171-221-**198**
Fauquier, Stonewall	176-165-**209**
Stonewall, James	177-178-**187**
Gar-Field, Woodbridge	199-170-**189**
Osbourn Park	371-**393**
North Stafford	178-**206**
Quantico	183-**211**
Mount Vernon	173-**200**
Quantico Invitational	185
District Tournament	409

The Sandtrap Choke

"Sandtraps were pretty much a part of everyone's game. Along with the driving range, they contributed to high scores," commented Chris Pierce.

As many golfers would agree, sandtraps were one of the most hated parts of a course. Sandtraps were hard to get out of, depending on the height of the lip, the conditions of the sand, and the condition of the game. "I handled landing in them by using the right club to hit out of it and aiming for the middle of the fairway," said Shane Stitts.

When the green couldn't be seen from the sandtrap, the ball was hit in the general direction of the flag with a lot of hope. It was easy for someone to choke while under the pressure of taking that shot, but not quite to the point of Fred Flinstone swinging madly, burying himself alive. - By Tara Rorhen



Blasting out of a sandtrap, Mark Pavlick's ball lands securely on the green. Sandtraps were the most hated part of a game that was once going well.



Front Row: Coach Bob Moore, Mark Pavlick, John Pennington
Back Row: Kris Kyle, Jeff Overand, Mike Epke, Shane Stitts, Chris Pierce



Having Fun While Being Serious

Two hours of walking from hole to hole hitting a little white ball to see where it goes--this was practice that almost anyone could enjoy. It gave team members a chance to talk, relax, and become friends while improving their style and technique with help from each other and Coach Robert Moore. These hours spent everyday after school at the Montclair Greens were golf practice. As Marc Pavlick said, "It was fun playing and joking around while being serious at the same time."

The time spent at practice was not all fun and games though because many of the team members were beginners. Practice consisted of working on individual rather than competitive skills. Each player had to work on concentration, precision, putts, drives, and especially patience to get out of those sticky situations.

Mike Whitten commented, "We didn't do too well competitively, but it was taken more as a chance to gain experience instead of competing for win or lose."

Mike Epke checks the flight of his ball after teeing off at the beginning of the match. At the District Match, Mike shot a 98, the best score for Potomac.

Sharing the Sport

A team was not successful without some outside help. There were many students and fans willing to help, but only a selected few actually committed free time. These people were the managers or team assistants.

Being a manager required quick reactions and patience. "When the players were driving the balls over the net, sometimes they caught me off guard, and believe me, it hurt," said Tracie Dobbins, volleyball manager.

Sharing was a big part of the manager's job, especially when it came to the sweet taste of victory or the sour taste of defeat. "Sharing the victories was definitely one of the advantages," stated Chris St. Jean, baseball manager.

Fetching water and cleaning up after the team was a very tedious and sometimes unpleasant job. The manager was always there willing to give the effort, despite rainy practices, sweltering heat, and bitter cold.

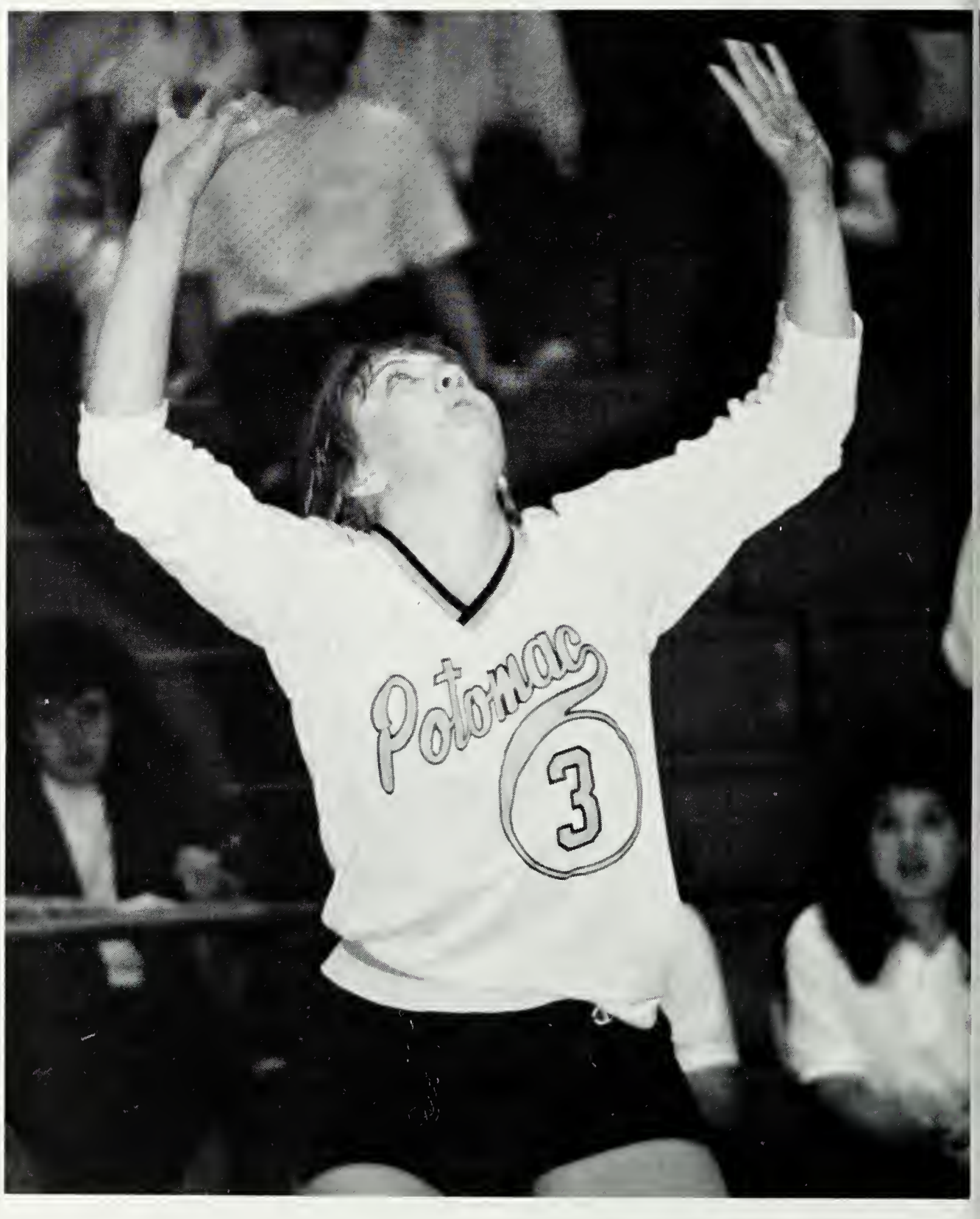
Managers were the unsung heroes behind the curtains of all the successful sports.



Colleen Flynn and Jennifer Roy watch the game closely while they record individual statistics. Managers were important to the team to keep track of scores and equipment.



Debbie Connelly watches the play in action with intensity. Complete concentration on the court was required to score every point possible and could make the difference in a match.



Karin Millsaps sets the ball during a match aganist Woodbridge. Sets, spikes, and dinks were essential techniques used by all players for the successful win in a match.



Just Like Family

Based on friendship and hardwork, the Varsity Volleyball ended the season successfully. Mindi Dovberg expressed, "We were just like a family. This year the different classes didn't work separately. We worked together to play as a team." Coach Al Eaton made the hard work easier. The squad had a wealth of experience and very talented players.

The league's premier player, Jennifer Meininger, was a utility player. "She was good and tough and always working hard on something in practice," said Coach Al Eaton. A stong player, Jennifer proved her power with hard hits into her opponent's court. Karen Millsaps was the team's leading setter. The team used a two setter offense to devestate their opponents. "Gar-Field was our biggest game because everybody felt they were the team to beat," said Jennifer Meininger.

The squad used spirit to help make the season successful. "I was so excited about the record," exclaimed Mindi Dovberg. This spirit was evident in the girls' play.

J.V.-Front Row: Julie Bell, Karen Roy, Michele Gagnon, Nicole Swistak, Rachel Blake, Melissa Gill **Back Row**: Al Eaton, Jennifer Scudamore, Lauren Epke, Vikki Allen, Louis Rewslez, Chealsea Bowers , Lakisha Ridley, Kelly Thomas, Melissa Meisels, Tracie Dobbins

Freshman-Front Row: Carolyn Trexler, Amy Sims, Mandi Lee, Aprille Rangel, Shannon Washington **Back Row**: Pam Smith, Christine Nelson, Christina Jewett, Karen Sullivan, Karen Roy, Ashley McCormick, Sharon Gregory



Kim Diede picks up the volleyball as fellow teamates Amy Charleston and Melisa Dowell stand in line waiting for a chance to serve during a warm-up before a game against Woodbridge.





Karen Millsaps, Mindi Dovberg, Kristy Blair, and Jennifer Meininger huddle together to congradulate each other for a point just scored and to provide support.

(continued from pg. 47)

The team placed goals this season and surpassed them. They were so enthusiastic that they wanted to place a banner on the ceiling of the gym saying, "1990 Commonwealth District Champions." They achieved this ambition by winning the District Championship, bringing the team's total Commonwealth wins to six. - By Angela Stanley



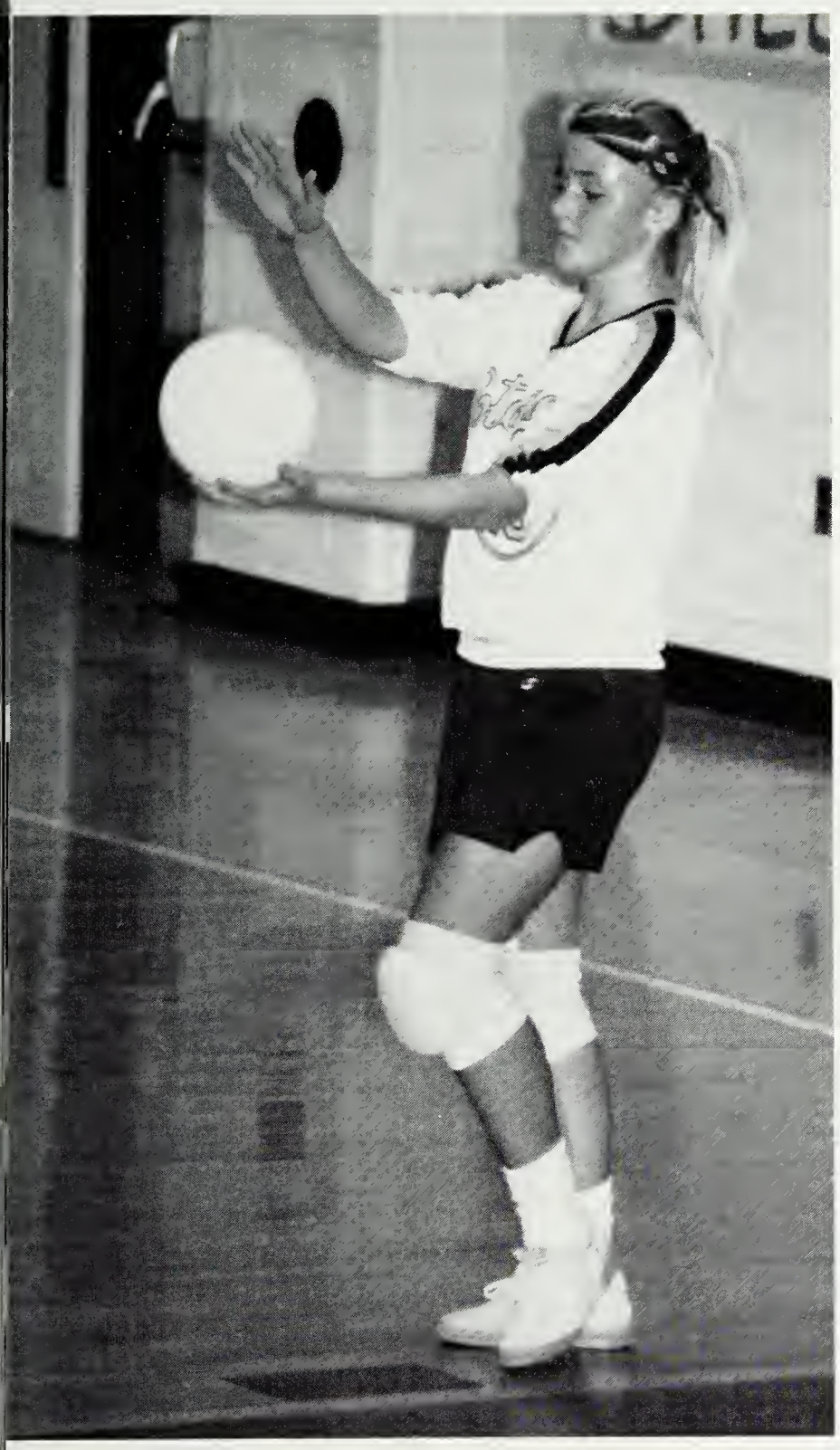
Karin Millsaps, Kristy Blair, Jennifer Meininger, Mindi Dovberg, Debbie Connelly, Jennifer Greek, and fellow teammates slam their hand on the floor and scream "ACE". Kristy Blair served the non-returnable serve against Woodbridge.

Karin Millsaps set the ball up for the slam back across the net by Jennifer Meininger. Jennifer was an aggressive players and played the net well.



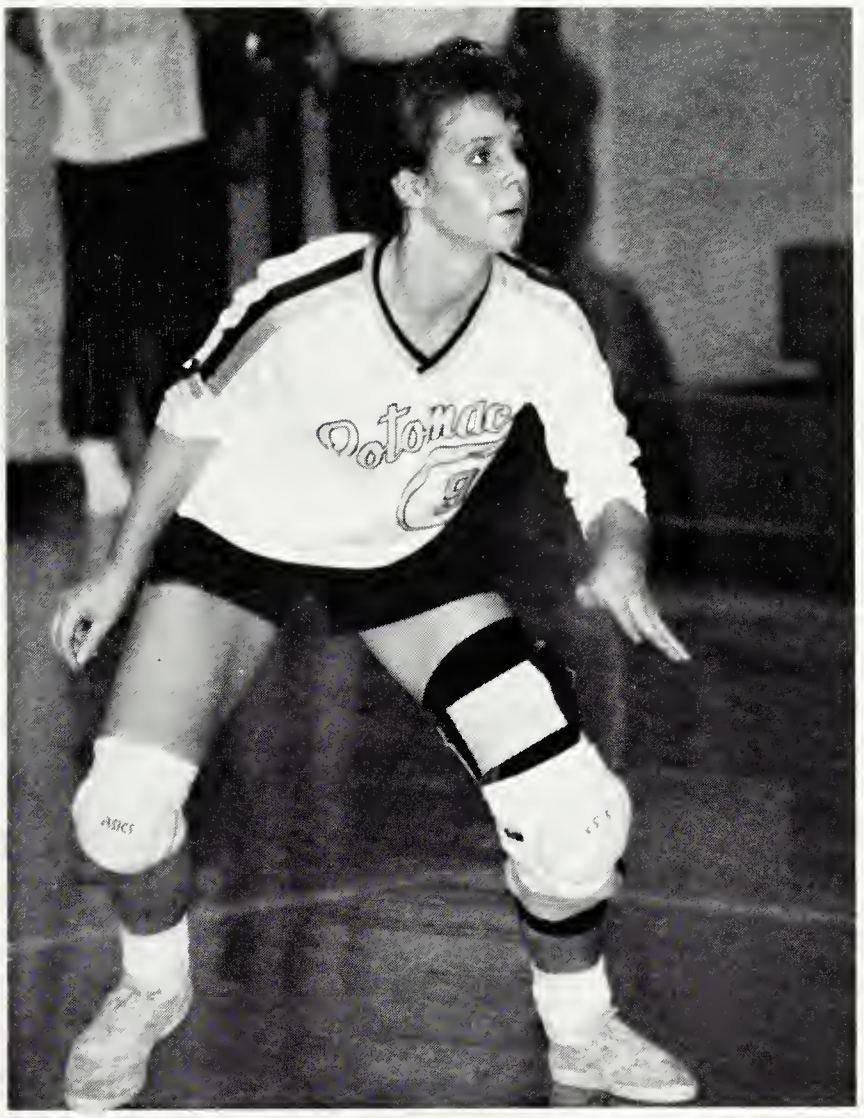
Varsity Volleyball **14**-1

2	Gar-Field	0
2	Osbourn Park	0
2	Stonewall	0
2	Woodbridge	0
2	James Wood	1
2	Fauquier	0
2	Gar-Field	0
2	Osbourn Park	1
2	Stonewall	0
2	Woodbridge	1
2	James Wood	1
2	Fauquier	0
2	James Wood	0
2	Albermarle	1



Kristy Blair begins to toss the ball into the air to give the Vikings a powerful overhand serve. An overhand serve was necessary for a varsity team member to know.

Aillen Callahan prepares for a serve from her Viking opponent. Volleyball was a quick sport and Aileen had to be on her toes at all times.





Varsity

Front Row: Amy Charleston, Kristy Blair, Karen Millsaps, Cleary Krapfl, Jennifer Greek **Back Row**: Coach Al Eaton, Jennifer Roy, Kim Diede, Mindi Dovberg, Debbie Connelly, Jennifer Meininger, Aileen Callahan, Colleen Flynn, Michele Hawkins

It's Your Era

"It's your era," stressed Coach Bill Brown during every speech.

Throughout the history of Potomac, coaches have been noted for their speeches. Whether they were pre-game or half-time, their purposes were the same but were given in different voice tones. The speeches were used to inspire the athletes, to give last minute information to the members on moves and plays, to inform the athletes of the importance of teamwork, and to remind the players to win the game not just for themselves but also for the school. These speeches ranged from yells to very soft whispers. But no matter how loud or soft these speeches were, they almost always worked, considering the success of all the teams this year.

"Coach Brown's speeches were to inspire. The speeches usually stressed teamwork and winning for your teammates," said Rob Grubbs. - By 'Asta Roques and Matt Covington



Coach Bill Brown evaluates the performances of the Varsity Football Team. Coach Brown analized the performance of the team to make necessary adjustments.

Varsity Football **13**-1

15	South Lakes	7
14	Stonewall	0
12	Gar-Field	7
12	Woodbridge	6
14	Osbourn Park	7
21	N. Stafford	0
30	Stafford	0
18	Fairfax	15
41	James Wood	13
43	Fauquier	7
21	E.C. Glass	14
14	Heritage	3
13	Varina	0
14	West Potomac	15



Gilbert Telleria hands off the ball to Keith McAffe during a play against the West Potomac Wolverines. Gilbert also played defense during the season, scoring a touchdown on a defensive drive against E.C. Glass.



Tight End Matt Morrell and Guard Rich Pavone push back the West Potomac defense, allowing Quarterback Gilbert Telleria to run the play. Matt Morrell, a junior, was named to the First Team offense and Second Team Defense by the Potomac News.



Gray Nelson gets into the spirit of the pep rally for the State Football Championship. Potomac students, faculty, and administration came together as a whole to support the football team, making this the best pep rally Potomac has seen for awhile.

Who's Number 1?

At the end of a long school week came Friday night and with that, the BIG football game. Students looked forward to the game, whether it was to socialize, enjoy a good football game, support the team, or all three. With blue and white faces, silly string, and cow bells, students pulled together to support the football team in its wins and losses.

At the beginning of the season, the team had some choices to make. They lost eight key players: B.J. Hawkins, Michael Wardlaw, Chris Connelly, Stacey Henley, Altie Archer, Shawn Wright, John Robinette, and Chuck Lockhart. Who did this leave for the 1990 season?

Kevin McAfee, Keith McAfee, Kevin Lewis, C.J. Morgan, Resse Veal, Stan Carmichael, Matt Morrell, Sal Colangelo, and John Newsom remained.

After standing behind Quarterback B.J. Hawkins (now at the University of Notre Dame) for two years, it was Gilbert Telleria's turn. Gilbert was smaller than other players, but good things come in small packages. Gilbert proceeded to lead the Panthers to its first 10-0 District record ever in Potomac History. Gilbert further surprised everyone by wanting to play defense along with offense.

From the beginning of the season, Potomac was a defensive team. The Panthers utilized this to their advantage, winning the Commonwealth District Title and Northwest Regional Title.

The 1990 Panthers made many records. They held their Commonwealth District record of consecutive wins, started at the end of the season in 1987. They beat the Fauquier Falcons for the third year in row for the Commonwealth District Title. They defeated the E.C. Glass Hilltoppers who had knocked the Panthers out of contention for the state game two years ago. Finally, they proved to the community that they were number one, again.

The Panthers played in the Group AAA Division 5 State Championship match for the second (cont. on 53)

Before the State football game against W. Potomac, the football team gathers for final words of encouragement. Although the team lost by a a slight margin of one point, hope was never lost, and the team finished the season as winners.



J.V.-Front Row: A Kelley, G Graham, K Swinton, J Brown, E Agusten, F Brodie, T Deputy, J Grigsby, G Tong, D Golden, J Somesky **Second Row**: T Edgington, J Triano, M Minerick, L Horne, J Young, G Henley, C Sponbeck, J Bailey, T Wallace, M Roundtree, E Ford, T Noto **Back Row**: J Kettering, R Grubbs, L Rankin, J Grubenman, W Potter, R Jones, R Sachel, B Rea, M Yohey, T Allison, K Bell, T Lewis, W Maddox





The crowd at the Group AAA Divsion 5 State Championship Game against West Potomac cheers on the Panthers as they make a touchdown. Additional bleachers were added to accomandate the capacity crowd of 4000.



Mike Neary and Keith McAfee stop West Potomac in their tracks. Mike and Keith were among the many members of the "Black and Blue Crew."

It's Here!

Nailbiting, gum smacking, bodies fidgeting....These are all things Potomac athletes associated with first games. Whether it was the kick-off, the tee-off, the gun shot, or the whistle, it all meant the same thing--the beginning of a brand new season. It was a chance to play better, run faster, make more baskets, and accomplish or surpass set goals.

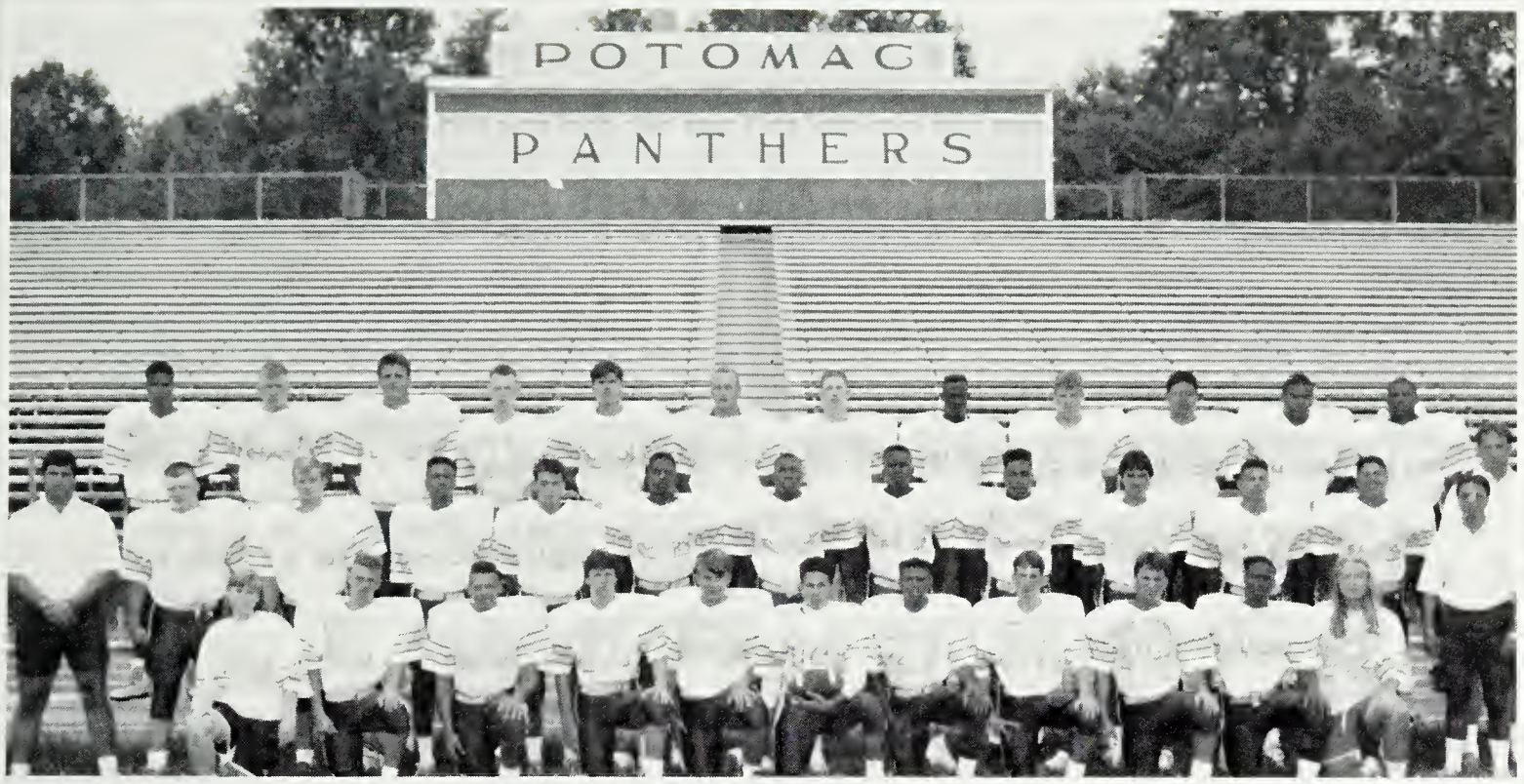
The most stressful game of the season, first games were anticipated with nervousness and anxiety. "However I run in my first meet sets the pace for the rest of the season," said Monyetta Hanesworth.

Alas, just like Mondays, those dreaded games came and went. Once they were over the Panthers officially started a new season, alleviating pressure.

"Thank goodness first games only come once a year!" commented Coach Bill Brown. - By Debi Gabriel



Ron Saemman concentrates on his match. After getting over the excitement of first games, concentration on the games helped



Varsity

Front Row: Carey Riordan, Jack Williams, Ken Jacobs, Chris Sutter, Tim Ferenschak, Gilbert Telleria, Wilson Kennedy, Matt Covington, Sal Colangelo, Tommy Peterson, Nikki Arnold, Coach Gary Fekete **Second Row**: Coach David Cassady, Mike Maddox, Rich Pavone, Keith Honore, Jeff Goodman, John Newsom, Kevin McAfeee, Kevin Lewis, Keith McAfee, Mike Milligan, Frank DeSena, C.J. Morgan, Coach Dave Sullivan **Back Row**: Kelly Speed, Stan Carmichael, Steve Greshem, Scott Langford, Dave Baldwin, Matt Morrell, Brian Tucci, Shane Wright, Mike Neary, Jason Quincy, William Quinn and Reese Veal





Kevin Lewis, in the spirit of the game, rallies fellow team mates before the beginning of the game. A returning senior, Kevin became a prominent member of the team.

Coach David Sullivan congratulates the players coming off the field after a successful play. Coach Sullivan shared his expertise and enthuasism with the Varsity Football team.

(cont. from 51) consecutive year. Despite losing to West Potomac by a margin of one point, the team proved they were the best. One game could not determine who the better team was. Many factors affect either team's performance on any given day. It was through this game that the school, as a whole, came together. It wasn't until that final football game that the teachers and students worked together to support the team.

The school shared the team's wins and losses. Students, friends, family, faculty, and administration came out of the final game as winners. "A true team is one that comes together week after week to meet the challenge of playing the opposition. This year we constantly came together for the challenge. No matter what anyone says, we were a true team even up to the last game," commented Matt Covington. - By 'Asta Roques

The Masked Man

He wore the jersey of Varsity football player #37, had the moves of a cheerleader and added a style all his own. But who was that masked man, the hairy cheerleader, and the spirited Panther?

For the previous three years, Seth Folsom had been the Panther, but upon graduation a new mascot had to be chosen. The cheerleaders approached Tom Blanks to become the new Panther mascot. He accepted because "It sounded fun."

Although it was definately fun for him, there were a few disadvantages that he had to endure. "Unless it was really cold outside, it was so hot in that costume!" But the honor was Tom's to carry on. He carried it on with flying colors, confetti, toilet paper and silly string, as seen pouring out of the stands from the excited fans. - By Tara Rohren



Masked man Tom Blanks dances past the cheerleaders on the side lines at a Varsity football game. "I have always been school spirited, but it is just more fun now," commented Tom.

Lori Wagner paints one of the many signs done by the cheerleaders. Most of them were seen in the P.E. hallway to promote school spirit and add an intimidating welcome to opposing teams.





While looking over the crowded stands, Vanessa Westoff instilled some extra spirit into the many fans. Not that much more was needed, as the home stands were at their full capacity every other Friday night.

Freshmen-Top Row: Mandy Lake, Jamie Ardaiblo, Azure Rae
Bottom Row: Ashley Gooding, Angela Gray, Kathryn Schwetje, Robin Purdy, Lindsey Priestly, Laura Ball



JV-Top Row: Stephanie Powell, Renee Dent, Tanya Radeke, Amy Mesny, Angela Sackett **Bottom Row**: Andrea Waldron, Katie Mullarkey, Alexis Katsarelis, Claire Collins, Tanya Lacey, Anna McDonald, Leslie Latimore



Left of Center



With unbeatable enthusiasm, NCA All-American Cheerleader and Captain, Robin Scaggs, cheered the Panthers on through the best football season that Potomac had ever seen. Because of her leadership, personality, and technique, Robin was chosen along with 170 of the nation's best cheerleaders to perform at the Aloha Bowl.

With routines consisting of dance moves, gymnastics, and stunts, cheerleading became a sport. As in any sport, there were competitions, such as at the N ational Team Championships in Dallas. "There were 200 large varsity division teams competing, and we placed 28th," Vanessa Westhoff enthusiastically stated.

In preparation for games and the challenge of competitions, routines were choreographed at daily practices by the team's captains: Robin Scaggs; Jenny Keady; and April Sackett. This was done as the cheerleaders defended their State Title during March. All of this may seem a bit left of center from the original just-smile-and-yell-for- your-team-days, but that was an advantage because there was always room for creative evolution. - By Tara Rohren



Varsity

Front Row: Lori Wagner **Second Row**: Beth Schwetje, Chrissy Davis, Caydra Speed, Liz Gregory, April Sackett, Stefanie Fennig, Vanessa Westhoff, Lisa Grotz, Michell Gagnon **Third Row**: Karen Heiber, Jenny Marek, Jenny Hall **Back Row**: Jen Keady, Robin Scaggs



Pantherettes were spotted standing throughout a game on a Saturday afternoon, cheering the football team on. When morale was down, they worked to raise it.



Mandi Marcopulas, Guadie Montesa, Sandi Lee, and Kristen Cain held smiles and composure as part of their routines. This kind of personality contributed to the attitude that it took to be a Pantherette.

In The Spotlight

Most of us could only dream of spending a week in Hawaii away from the cold winter weather. Five Pantherettes were able to do that by performing at the Aloha Bowl over Winter break. Wendy Wahala, Amy Porter, Lesley Davis, Vonetta Murray, and Tara Patsch won the honor by being awarded "Superstar Girls" at camp the previous summer.

While all of the girls would have loved more time to explore Oahu, the majority of their time was spent practicing mornings and evenings.

Their time in the spotlight came when they participated in a parade along Waikiki Beach, then performed at halftime during the Aloha Bowl with hundreds of other "Superstar Girls" from around the country.

"I became nervous and tried my best not to make a mistake performing in front of so many people," said Amy Porter. - By Tara Rohren



Tara Patsch, Amy Porter, Vonetta Murray, Leslie Davis, and Wendy Wahala pose in front of a White Christmas tree to remember families during the holidays. Although they dreamed of a White Christmas, they spent time on the beach.



Pantherettes

Front Row: Vonetta Murray, Wendi Wahala, Stacie Clemmons, Kristen Cain, Christina Stone **Second Row**: Hyun Joo Lee, Mandi Marcopulas, Sandi Lee, Laura Gipson, Angela Nester, Andrea Silcox, Tammi Page, Angie Furbee, Guadie Montesa **Back Row**: Jennifer Brown, Amy McCaskill, Tara Patsch, Amber Bowers, Christy Holly, Kristen Speca, Kim Kline, Lisa Lewis, Amy Porter



What It Takes

Time, responsibility, hard work, and determination was what it took to be a Pantherette. They used that to accomplish goals such as going to Nationals in Anaheim, California, and that was what showed through in their achievements.

Getting to Nationals was what they strived for and focused on this year. To do this, they practiced often, with the officers meeting occasionally on weekends to get routines choreographed to their satisfaction. "It was something that we all wanted, so the extra work was well worth it," commented Kristen Cain.

With all of the work put aside, they also had just as many, if not more, good times. Being in this tightly knit team meant having as many close friends as one could want. So any time spent together at fundraisers and games was not something that they only had to do, but more like something that they enjoyed doing. - By Tara Rohren



Co-Captain Wendi Wahala leads the line of Pantherettes in their kick exercises. This was used as part of a warm up before practicing routines.

Angie Furbee, Carla Galliani, and Vonetta Murray move to the song "I've Got The Music In Me." This routine was performed along with the ever-popular "Tequila."

"With Pride"

The smell of coffee circulated the air. Chairs were rearranged and people started arriving. Another Tuesday night meant another uniform committee. Mr. Gary Zolman, parents, and a student represenative from each grade level poured over textures, colors, and designs that would create the newest image of the Marching Band.

Finally, the committee made a choice and Stanbury Uniform Company began bulk production which was scheduled to be completed by the Woodbridge game. Nervousness and relief swept over band members as they stood in line to receive their new uniforms. "I've waited so long. I didn't believe they finally came," exclaimed Phyllis Dodson. Scrambling to get suspenders straight, glove fingers cut, jackets zipped correctly, and plumes on straight, the excitement mounted. The premier quickly arrived and breathlessly the members lined up in halftime formation. Tears of happiness and pride trickled down a few cheeks and heads were held very high as the band proudly performed their interpretation of "The Little Mermaid." The band earned the nickname, "The Pride of Potomac," that night and few will ever forget the elated feeling of intensity the new uniforms brought. - By Debi Gabriel



Becky Smith plays the xylophone during a football game. At this game, the band showed off their new uniforms in the premier performance of "The Little Mermaid."

A New Beginning

Deep under the cool, blue sea, a lonely mermaid, Ariel, fell in love with the handsome prince Eric. Willing to stop at nothing, she traded her voice to Ursula, the evil sea witch, to become human. After killing Ursula, Eric and Ariel got married and lived happily ever-after. Although the Marching Band did not crawl out of the sea and did not face Ursula's counterpart, they transformed into "The Pride of Potomac."

As Sebastian, the "raggae-singing crab," directed the sea horses, clams, snails, newts, turtles, dolphins, and oysters in catchy tunes of life "Under the Sea," Mr. Gary Zolman directed the Panthers in their rendition of "The Little Mermaid." In the premier presentation of "The Little Mermaid," the Panthers debuted in their new uniforms. To help earn money for these, the Marching Band held a March-a-thon from 8 A.M. to 4 P.M. With the help of Mr. and Mrs. Ricks, this dream came true--just as Ariel's dream came true with determination and the help of Sebastian, Flounder, and Scuttle.

Sebastian held practices for the concert that would feature Ariel in her musical debut. It was to be the "pinnacle of Sebastian's distinguished career." Ariel did not show up for practice and forgot about the concert, completely ruining it. The Marcing Band was not going to let that happen. They held a camp of their own over the summer. Practicing from 8 A.M. to 3:30 P.M. and from 6 P.M. to 9 P.M. in the Potomac parking lot, they perfected drills and learned new music. "It was hard work, but in the end it was worth it," commented Angie Stanley. Along with practice every day after school, they made Potmac proud on Friday nights at the football games during halftime and rallied the crowd throughout the rest of the game. They also played during pep rallies that were held to support the sports teams.

The Marching Band was known as "The Pride of Potomac" after the Woodbridge football game and lived up to that title for the rest of the season. "Dedication and hard work made the Marching Band the best," commented Mr. Gary Zolman. They even would have made Sebastian proud! - By 'Asta Roques



Cally Woolfrey keeps her eye on the drum major for tempo while she plays the gong. The three band members that played in the pit played either the xylophone or made sounds to give the music a better effect.



Laurel Donavan performs her routine to "Fanfare" during the State Football Game against West Potomac. Along with "Fanfare," the Marching Band marched to "Under the Sea," "Opener," "Kiss the Girl," and "Closer."

The Marching Band rallies the crowd during the State Football Game. The Marching Band helped to raise the crowd's spirits during low times in the game.





Marching Band

Front Row:K.Hetland, B.Sowala, R.Harris, S.Cipra, W. Rumley, S.Rakes, C.Alexander, D.Grant, J.McGovern, B. Gillette, K.Featherstone, J.Russell, W.Deafendufer, and J. Gordon **Second Row**:B.Byington, L.Farris, T.Hillyer, S. Tarbet, J.Palmer, P.Dodson, D.Gabriel, and C.Farmer **Third Row**:A.Piper, M.Dudley, B.Fairchild, M.Ross, M.Ambler, K. Salomon, J.Jarvis, J.Beyer, B.Harpster, F.Johnson, S. Bentley, E.Kent, and A.Stanley **Fourth Row**:S.Walcroft, K.Dinsmore, M.Tolman, C.Weamer, S.Graham, J.Dinsmore, M. Sauntry, C.Rinker, J.Humphrey, T.Broomall, D.Caramanica, C.Fridley, and D.Hynes **Fifth Row**:K.Bateman, C.Wheatley B.Garcia, P.Steiglitz, J.Greene, G.Caramanica, M.Englan, L. Rumley, T.Dodson, E.Fels, F.Ferm, S.Bateman, and L. Donavan

No Place To Hide

"Not everyone. No substitutions. No time out. No place to hide. No help," states the T-shirt the wrestling team created. It was appropriate.

The wrestling team had a marvelous comeback. After a disappointing season last year, the team won a majority of its matches. Overall, the loss of Keith Pavlic to Duke University didn't affect the team too much. Jeff Stone captured his second District title. Newcomers Ian Prymak, Eric Agustin, and Mike Carver were a factor for the team, proving valuable in crunch time.

Team members considered wrestling to be one of the toughest sports in the school. Eric Agustin stated, "Wrestling puts you in the best shape of your life." The strenous exercises and practices, left them with a feeling of exhaustion. Along with exhausting practices, making weight became a problem. Wrestlers found themselves starving or gorging themselves. Whatever the situation was, they overcame adversity to reach their goals.

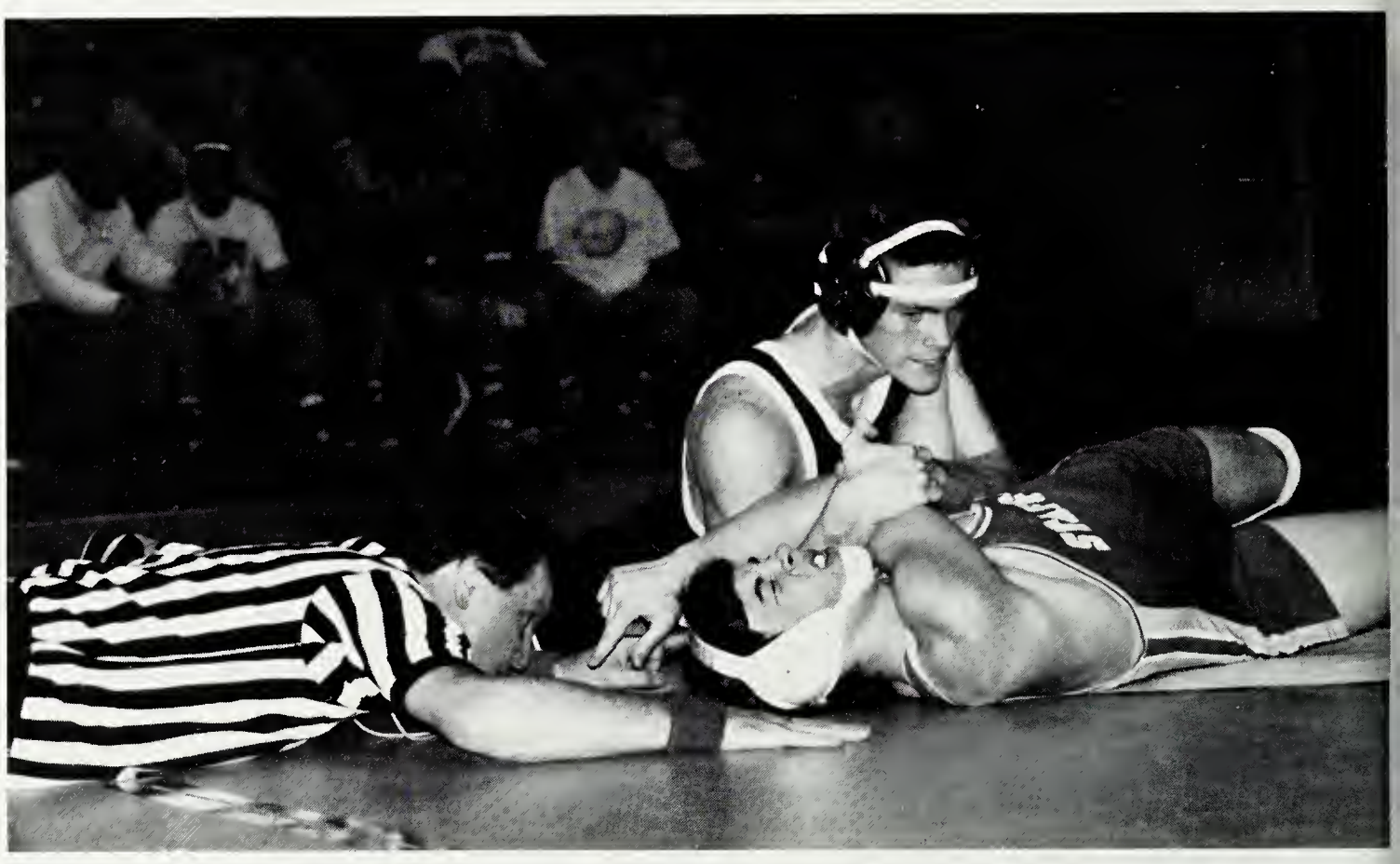
Jeff Stone goes for a pinning combination in a match against Stafford. Jeff's quick moves and his agility were a few reasons why he won District and Regional titles.

Jeff Stone and Tom Favor warm up Sean Shingler before his tri-meet with Stafford and James Wood. A quick pep talk before a match helped the wrestlers be prepared for anything.



Wrestling **13**-5

41	H Springs	27
35	Hopewell	32
29	Monacan	34
25	OP	40
40	Brentsville	36
64	Courtland	6
36	Fauquier	34
62	Wakefield	9
62	Warren	12
9	Woodbridge	52
29	Gar-Field	26
12	Stonewall	52
34	Brentsville	22
37	James Wood	31
39	Stafford	22
42	Fauquier	22
53	Hayfield	15
25	N Stafford	29



Splish Splash

Swimming, a school sport? That's what people argued. Although swimming wasn't popular, students were active in it.

Swimming required mental and physical strength. Missy Tallent, Carrie Taylor, Wendy Huizenga, and Vanessa Donnelly were swimmers who practiced at Ramer Hall in Quantico. At practice, which lasted several hours, swimmers did long sets of distances and worked out with weights.

There was almost no free time for them. They swam almost everyday. Missy commented, "It's hard to with my friends on weekends." Practice did pay off, they went to meets in Virginia, with several placing well. Three of them went to states. Wendy qualified for the "zones", a meet before nationals. - By S. Warner

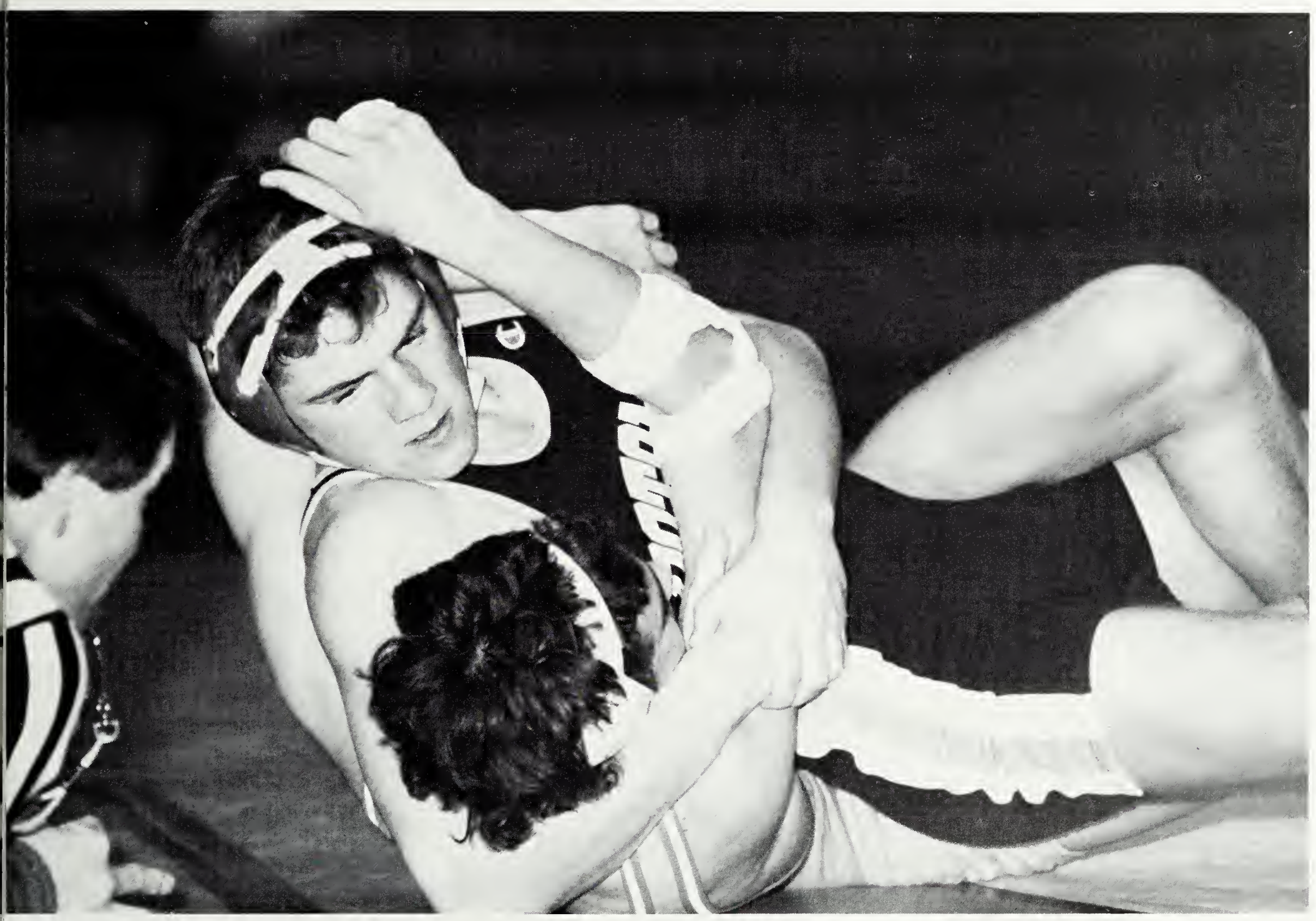
Wendy, Vanessa, and Missy discuss an upcoming meet. These swimmers saw each other often and enjoyed talking about practice, events and meets.





Wrestling

Front Row: Jason Pepling, Jeff Stone, Jason Beyer, Mark Pavlick, Andy Iverson, Mike Carver, Tim Foster, Andy Anderson, Ian Flynn, Dave Caramanica **Middle Row**: Kristy Bormann, Tim Reagan, Ian Prymack, Keegan Yeager, Charlie Driscoll, Sean Shingler, Patrick Dillinger, Eric Agustin, Alex Kelly, Donnie Widener, Laurie Smith **Back Row**: Jack McGovern, Tom Favor, Sean Jaehne, Lawrence Barr, Rich Pavone, John Grubermann, Chris Canada, Greg Caramanica, Tim Hayden, Jeff Young, Jeff Goodman, Mike Figueroa, Matt Smith, Shawn Andrus



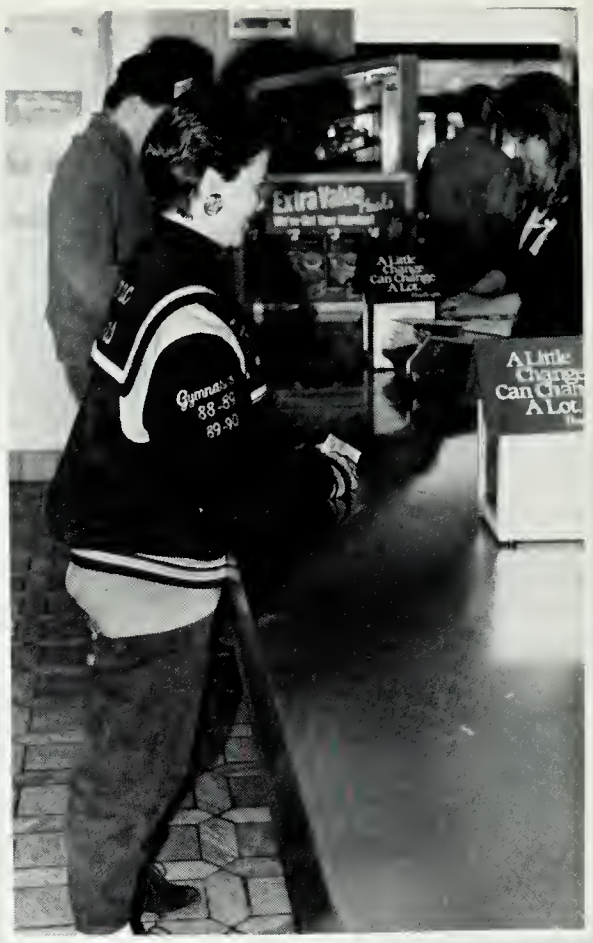
Alex Kelly performs a head and arm on his North Stafford opponent. Alex's strength and power helped him to dominate this match.

Stop At McDonald's

Tapes passed around. Walkmen transferred down aisles. Food gobbled down to fuel bodies for energy. Talking never ceased. Coaches discussed previous and future games. That was the atmosphere on an average bus ride to and from games for school sponsored sports. "Listening to music motivates me!" exclaimed Lisa Whalin. Players prepared differently. Some listened to music, while others sat quietly and thought.

"Jam packed!" described bus rides for the Varsity Baseball and J.V. Softball teams who shared a bus together. After two teams, gear, water coolers, coaches, managers, and extras piled onto the bus, there wasn't any room to spare. Yet, the players agreed it wasn't bad, if they stopped at a McDonald's on the way home.

"Stopping at McDonald's was the best part of away games!" agreed Tracie Dobbins. - By Angela Stanely

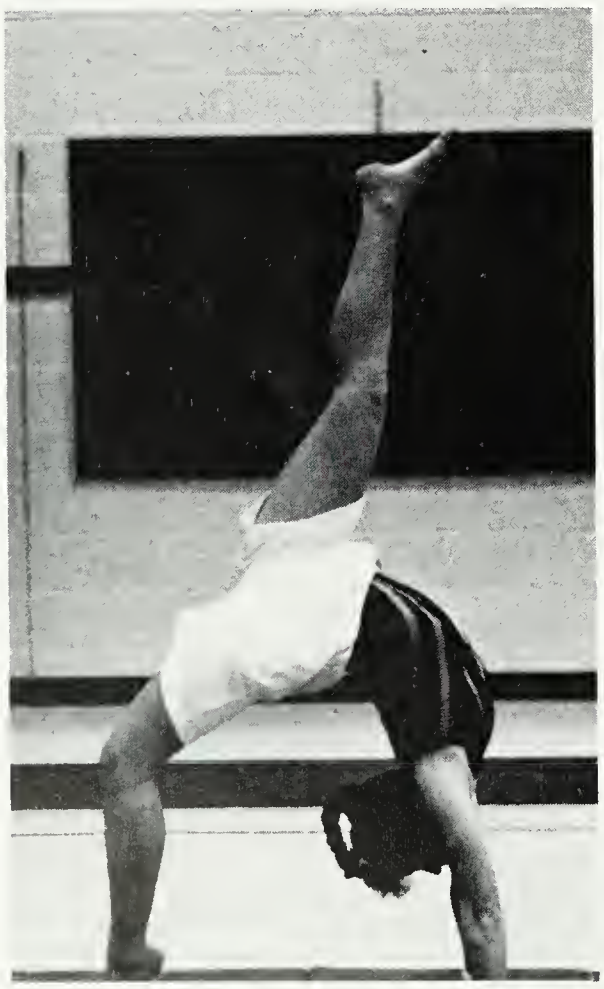


Gymnast Cathy Ramsey orders a Big Mac and large fries on the way home from a meet at James Wood. Stopping at McDonald's was considered the best part of an away game.

Gymnastics

Woodbridge	**1st**
Wash Lee Invitational	**9th**
G-F and Woodbridge	**3rd**
OP, Stonewall, Osbourn	**2nd**
North Statfford	**2nd**
Regionals	**6th**





Debbie DeHarde completes a back walkover. Flexibility was very important in preventing pulled muscles and cramps.

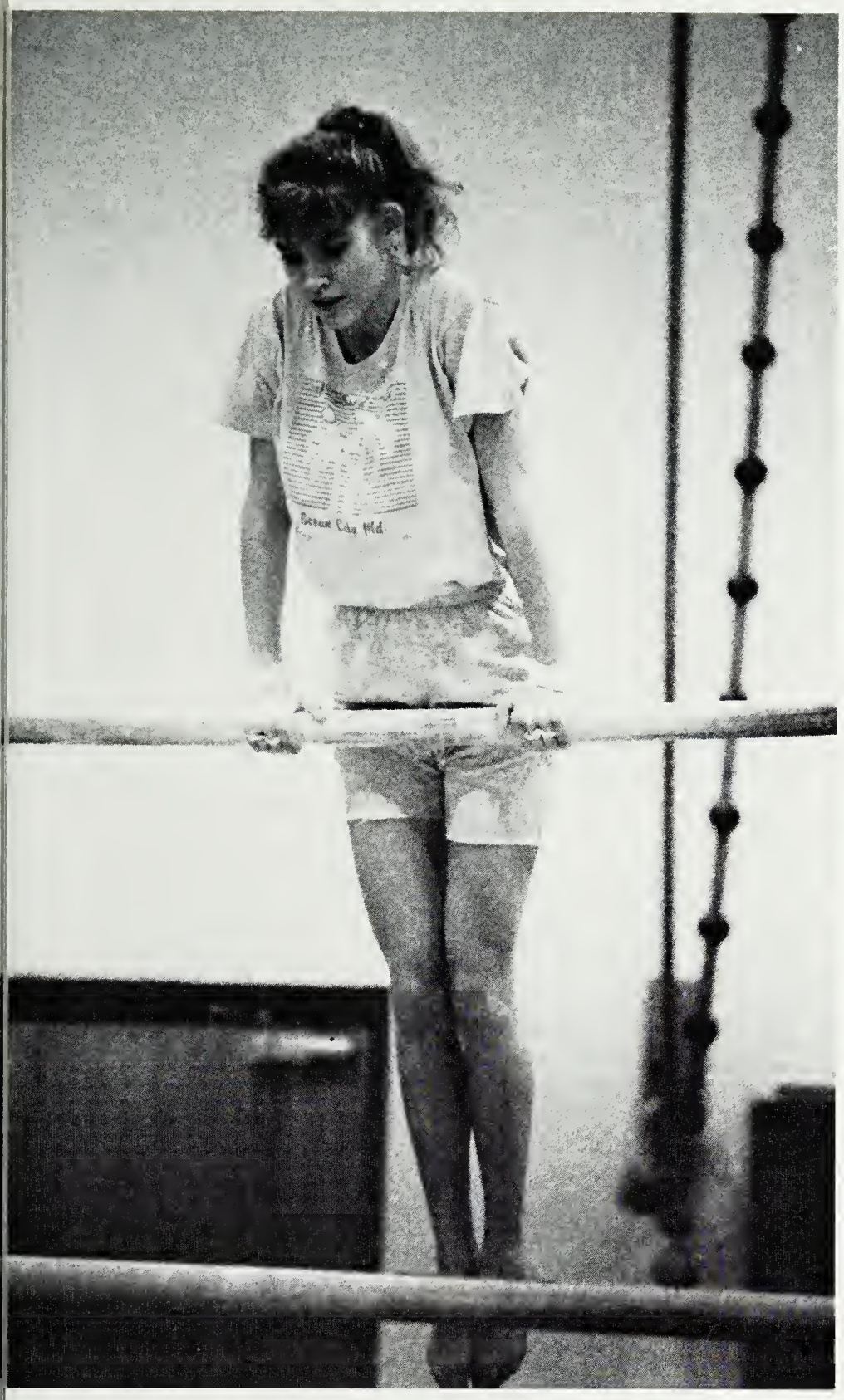
Balancing It Out

The Panthers began the season with hardly any players and no coach, but Ms. Jean Gaudet stepped in and offered to coach, saying, "I would have hated to see the program disintegrated because there was no coach." With most of the gymnasts committed to either cheerleading or Pantherettes, she had to beat the bush to find girls with gymnastic experience. Returning to the team were Debbie DeHarde Cathy Ramsey, and Lisa Lenharde.

The team's success was based on individual specialties. Cathy Ramsey competed well in the floor exercises . Lisa Lenharde was exceptional on the uneven parellel bars and on the balance beam. Leigh Rhodes competed well in most events. Despite losing Chrissy Yesko for most of the season due to the fractured ankle, the Panthers were lucky in having few injuries.

The Panthers had a good season despite the rough start. Most team members agreed the season's success was due to Coach Gaudet and teamwork. - By Angela Stanley

Potomac gymnast Kerri Adams perfectly completes a scale on the balance beam. Kerri also competed on the vault.



Lisa Lenhard halts in her performance on the uneven bars. The uneven bars was one of the more difficult events.



Potomac gynnast Kerri Adams finishes her vault with the help of Coach Gaudet. Mrs. Jean Gaudet spotted for her gymnasts.



The Potomac gymnastics team stretches out before practice. Stretching out was very important in preventing pulled muscles and cramps.



Varsity

Front Row: Khris Applegate, Chrissy Yesko, Lisa Lenhard **Back Row**: Debbie DeHarde, Kerri Adams, Cathy Ramsey, Leigh Rhodes, Amanda Virtue

Ron Wolfe puts a shot up against his defenseless opponent. As a 6'8" center, Ron contributed much to the team both as a starter and off the bench.



Carey Riordan contemplates taking a shot from the three point line. She faked out her opponent to pass the ball to one of her teammates up near the basket.



Caught up in the tension of the moment, a hush falls over the crowd as Kelly Krapfl prepares to make a foul shot. The team went on to defeat Osbourn Park, shooting 50% from the line.



Girls Varsity **7**-9

50	Fauquier	33
55	Stafford	60
39	Gar-Field	80
49	Osbourn Park	52
45	Stonewall	39
42	Woodbridge	52
29	N.Stafford	40
55	James Wood	36
55	Fauquier	49
27	Stafford	47
28	Gar-Field	65
62	Stonewall	41
42	Osbourn Park	25
45	Woodbridge	53
45	N.Stafford	57
51	James Wood	42

Making The Grade

For the college bound athlete, especially one vying for a scholarship, high school should have meant much more than touchdowns and homeruns. The top reasons nationally why athletes were not recruited were the lack of an approach in marketing the athlete's special abilities and not making the grades. "Anyone interested in a sports scholarship must first take care of the academics. Then if they are talented enough, the coaches will find them," stated Mr. Ken Hayes.

For those like Jason Page and Tim Dearing, who signed letters of intent to play baseball, a senior year without the pressure of getting into a college meant less to worry about. The National Letter of Intent was a binder that declared an athlete's final intentions to attend a college. No student was denied the opportunity for an athletic scholarship due to good grades, but good athletes lost an athletic grant-in-aid due to poor grades.-By T. Rohren



Tim Dearing took advantage of the NCAA's first-ever early signing period for baseball. He signed the letter of intent to play for the University of Hawaii.



Girls Varsity

First Row: Nikki Arnold, Kelly Krapfl, **Second Row**: Jennifer Scudamore, Chris Poley, Cleary Krapfl, Domineke Roberts, Melissa Dowell, **Third Row**: Coach Mark Kozlowski, Tasha Faison, Carey Riordan, Becky Harpster, Renee Roberts, Assistant Coach Sharon Gregory



Future chearleader Cally Cassady livens up basketball fans' spirits as she cheers for a player to sink a foul shot. Cally was a hit at basketball games.

Coming Out Ahead

At the start of the basketball season, there were doubts in many people's minds. The team had lost their five starters, including the player of the year B.J. Hawkins. Only two players saw action last year. They were [Marty Warner] and Willie Jones. Coach Kendall Hayes called on these two for leadership for the team.

The team used some of that Panther magic again and finished third in the District in the regular season. Marty Warner was the District's leading leading scorer, and Willie Jones was regarded as on of the top shot blockers. Other starters included, James McNea, Rob Misenko, and Tony Wools. Coming off the bench for added support were Ron Wolfe, Devonne Johnson, and Keith Honore. Coach Hayes had to readjust his offense and defense. Sometimes the defense would be man to man, a zone, or a press. The three point shot was another luxury for the team. Marty's deadly eye was one of the reasons the team built up big leads. With Willie clearing the boards, the Panthers had a chance at a fast break also. They don't rely on the inside all the time though. Devonne Johnson, Marty Warner, and James McNeal *(continued on p.67)*



First Row: Rick Clarke, Andy Years, Brady Dehoust, Colin Donnelly, Steve Bellamy, **Second Row**: Tom Edgington, Rob Jones, Robert Satchell, Mike Epke, Sean Lublin, **Third Row**: Kevin Brown, Sonny Moss, Eric Novotny, Shane Wright

Can't Stop Him

At the start of the basketball season, many people wondered about the ability of Tony Wools. Tony is almost totally deaf. But by using a hearing aid and reading lips, Tony is able to communicate fine. According to fellow teammates and Coach Hayes, he was an asset to the team. Defense is the key to Tony's success. Wool's tenacious threat on the opponent's top offensive player has been a huge factor in the Panther's achievement. He enjoys setting up plays rather than being a high scorer. Tony commented, "The team is very talented. If we play together, we can win."

Tony's athletic ability matured over the season with acceptance from his teammates. In the home game against Gar-Field, Tony was kicked in the stomach and laid on the floor for two scary minutes. He got up and rested for a few minutes, then returned to the game, helping the team to victory against the Indians. With Tony's bravery and courage, he was someone that many admired. - By Scott Warner



Looking for an open man, Tony Wools sets up for the play. According to fellow teammates, Tony was one of the most intuitive players on the team.

Boys Basketball **13**-8

78	B. Ireton	53
71	Fauquier	83
79	Stafford	66
83	Gar-Field	72
71	B. Ireton	59
68	Fox Chapel	54
57	Penn Charter	68
66	Osbourn Park	58
49	Woodbridge	75
55	N Stafford	48
50	St. Johns	57
72	James Wood	57
73	Fauquier	87
74	Stonewall	63
65	Stafford	57
88	Gar-Field	74
76	Stonewall	78
76	Osbourn Park	62
50	Woodbridge	60
47	N Stafford	48
54	James Wood	49



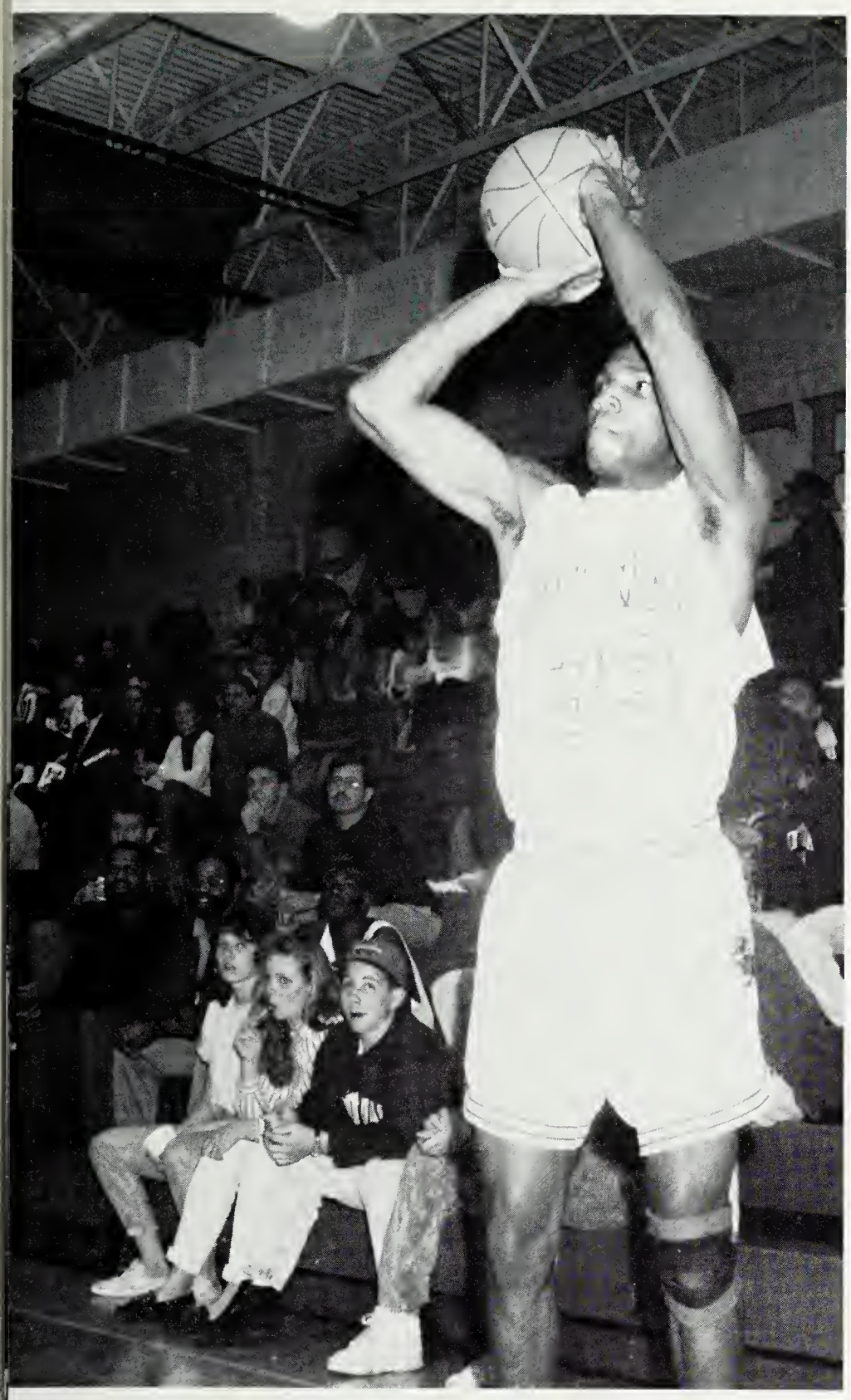
During a timeout, Coach Ken Hayes discusses with the team what was happening on the court. Coach Hayes was instrumental in setting up plays to come.



Fighting for room under the basket, Tasha Faison gets ready for a rebound. Tasha's height helped her to be a dominating force in the lane.



J.V.-First Row: Michelle Gagnon, and Stacey Eveslage **Second Row**: Bridget Byington, Lauren Epke, Tracy Dobbins, and Inna Vakser **Back Row**: Kristen Featherstone, Allison Babcock, and Tara Houston



(continued from p.65)
kept the perimeter shooting percentages high.

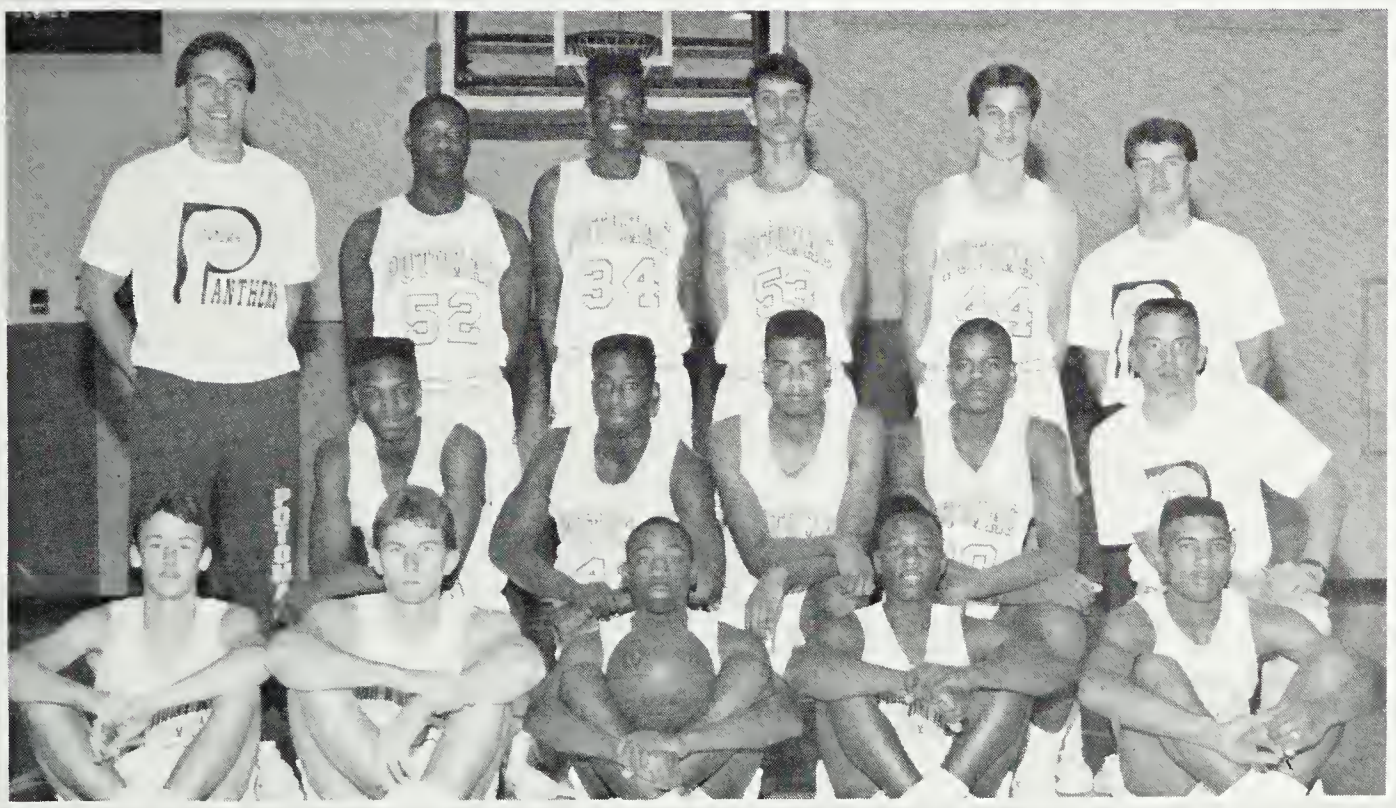
The most important key to the Panthers' success was teamwork. Coach Dan Kearney expressed, "The team hung together and they gave strong efforts." Through the wins and the losses, teamwork kept the team together.

Girls Varsity Basketball had a very successful season with players like top shooter Niki Arnold, great defensive player Deanne Power, Kelly Kraphl who drives up to the basket, and the rest of the hardworking team. They combined with the efforts of a patient Coach Mark Kozlowski to become the most improved team in the District, this being the first season in three years that they didn't come in last place. What they *(continued on p.69)*

Going for a three point shot, James McNeal keeps his eyes on the hoop. The three point shot was one of the reasons the team built up big leads.

Coach Sharon Gregory consoles Nikki Arnold after she slightly hurt her foot. Ms. Gregory was essential in helping "pump up" the players when they weren't playing.



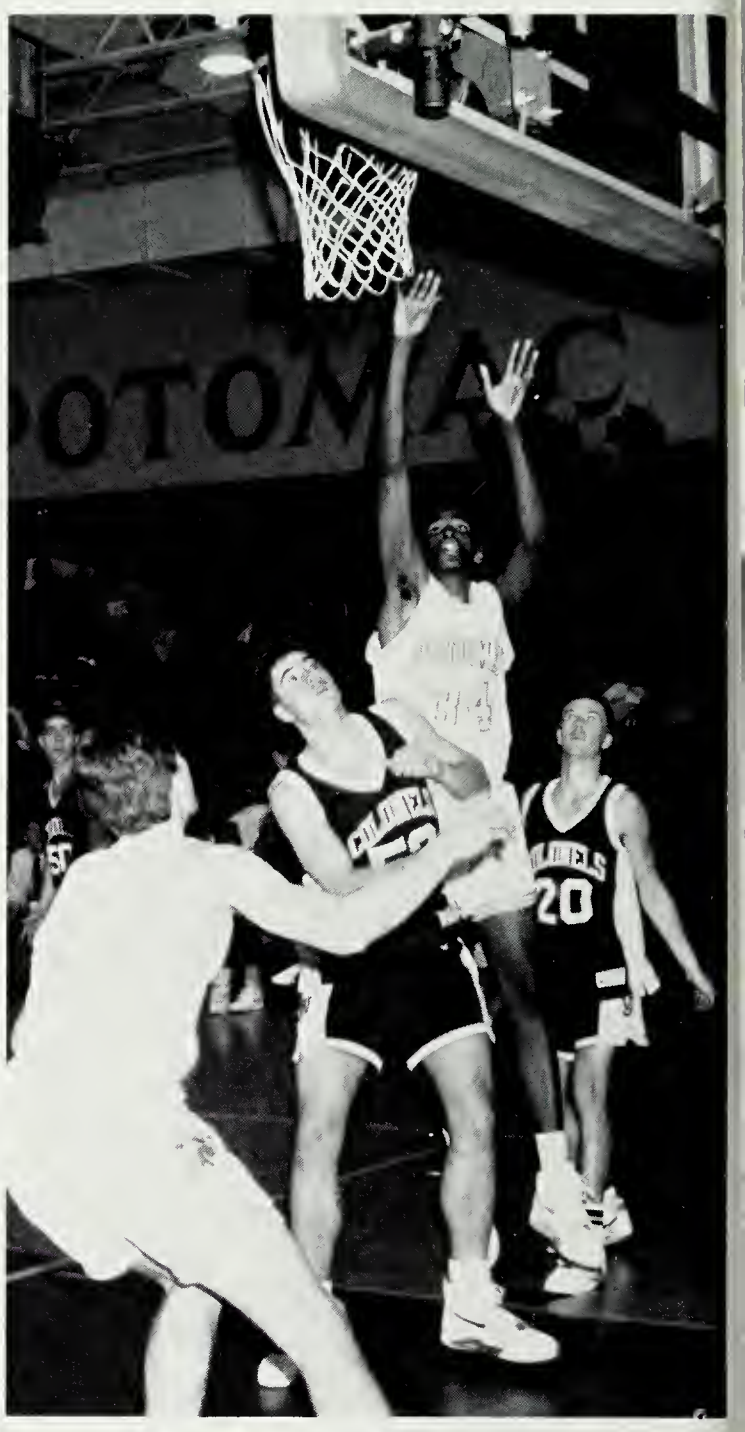


Boy's Varsity

Front Row: Chris Pelligrino, Tony Wools, Marty Warner, Devonne Johnson, Keith Honore **Middle Row**: James McNeal, Brian Simpson, Kelly Speed, Kevin Webb, Billy Rea **Back Row**: Coach Kendall Hayes, Marty Wesley, Willie Jones, Ron Wolfe, Robert Misenko, Coach Dan Kearney

Willie Jones completes a layup, scoring two points. Jones was one of the major players on the team this season.





Coach Mark Kozlowski, Coach Sharon Gregory, Melissa Dowell, Renee Roberts, and Cleary Krapfl cheer on teammates after a scoring play. Encouragement from each other helped to motivate players on the court.



Fresh-Front Row: E. Donahue, R. Lethunya, M. Colangelo, B. Abel, and R. Jones **Second Row**: T. Threatt, R. Edmonds, J. Wools, T. Brown, and F. Skinner **Third Row**: D. Sava, L. Rankin, and B. Courtnage

Time for Changes

With the opening of a new school, Hylton High School, just minutes down the road, changes were made that affected Potomac. One of the first changes that affected Potomac involved the resignation of Mr. Jim Qualls as activities director.

Mr. Qualls began in that position when the school first opened. He helped to build the school into what it is today: the Best.

On January 29, 1991, Qualls started as the activities director at Hylton, leaving an opening at Potomac. Who would take this job? After reviewing many applications, Mr. John Jenkins was selected. Mr. Jenkins was a sociology teacher and girls tennis coach.

The first football coach at Potomac also took a major position at the new school. Coach Bill Brown went on to coach the Hylton team, leaving Potomac with a legacy . All of Potomac missed these people who made Potomac everything for which it stood.



Activities Director Jim Qualls helps light the bonfire for Homecoming. His job involved organizing club and sports activities.

(continued from p.67) achieved went beyond being just most improved though. They ended with a record of seven intensely fought wins and nine losses, the majority being close games.

The girls worked hard from game to game in order to accomplish goals set by their coach whether it was shooting a certain percentage from the line or cutting down on turnovers. They went into each game with that in their sights along with the knowledge from scouting reports done by their dedicated coach.

The season was wrapped up in the first round of District tournaments, but the girls were able to look back at the entire season as a success. By- Tara Rohren and Scott Warner

Fresh-Front Row: F. Williams, M. Lee, J. Stewart, D. Holcombe, and N. Croom **Second Row**: L. Laskofski, B. Dowell, P. Slater, and M. Johnson **Third Row**: R. Meadows, A. Barclay, K. Betton, C. Nelson, and Coach Frank Higgins







Assistant Coach Dan Kearney Talks with Willie Jones after an exhausting play on the court. Communication between the coaches and athletes was needed to make adjustments on the court.

Kelly Krapfl makes a basket outside the three point line. Players incorporated many different varieties of shots to score.

A New Challenge

It's not often schools get coaches who are highly respected throughout the nation. This happened when Bill Stearns became coach of the cross-country team.

Coach Stearns came from Wayne High School in New Jersey. He left it as a coach who had developed an outstanding practice program with a girls' team who had won 108 straight meets. Why did he leave a school with such a great record? Coach Stearns wanted a new challenge and Potomac offered it.

When he first observed the runners, he saw six out of shape male runners and no female runners. He worked with this group and spread interest throughout the school. He was successful in motivating people to start to run, and more people joined the team during the season. At the end of the season, he had hardworking runners on all of the teams. "The highlight of the season was one practice when I saw how people started to work together, cheer each other on, and believe in themselves," said Coach Stearns. - By Christian Homen



Bill Stearns began a new practice program which helped to develop runners for long distance to increase their agility and to reduce injuries.

Boys	**Varsity**	Girls
3rd	Fauquier	**3rd**
3rd	NS/OP	**3rd**
2nd	Stonewall	**3rd**
2nd	Stafford	**3rd**
8th	Gr. Meadows	**9th**

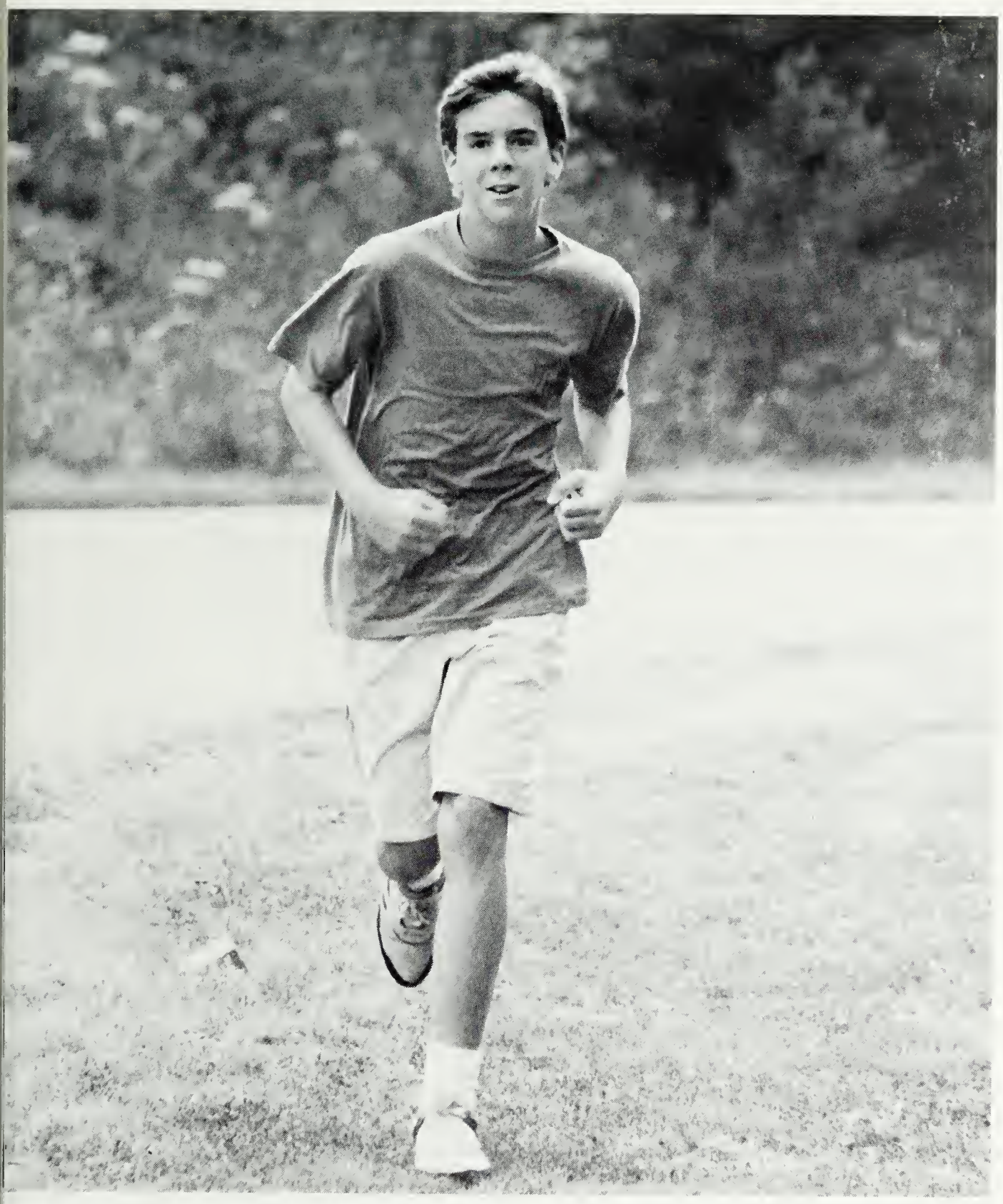


Kerry Adams stretches before practice. Stretching helped eliminate the risk of injury in any sport for all athletes.

Misconceptions

Running aimlessly through the woods until you die--or at least feel like you might. This was a common misconception among students about cross-country. No one thought it could be fun. Telling jokes, socializing and getting to know other runners was the true cross-country. This was what made the season great, not necessarily through results, but through friendship.

When Bill Stearns came to Potomac, he had one returning senior and five other inexperienced runners. At the end of the season he could look with satisfaction at 23 hardworking runners. The practice might have been hard for these novice runners, but it was definitely worth it. On a three-mile course, all of the runners ran faster, some of them over three minutes faster, when comparing the first and the last race. "We came a long way in a short period of time," expressed Paul Bielewicz. Even if cross-country basically was an individual sport, the team spirit played an important role. This team spirit helped to make the Panthers a team other schools had to respect, a big improvement from earlier years. "Cross-country is fun. You have to do it at least once," commented Kate Knight. - By Christian Homen



Greg Blankenship makes a distance practice. After hard workout days, with intervals and hills, the distance practice was fun and relaxing.

Scott Keith runs at a practice. Scott, who was ranked second on the team, was very fast and talented and became one of the leading personalities on the team.





Varsity

Front Row: Wendy Huzienga, Beth Donnelly, Cliff Kreiler, Laurie Brown, Tracy Cheatham **Second Row**: Pat Keith, Scott Keith, Paul Bielewicz, Chris Landrum, Kate Knight, Jennifer Roy, Helen Hines **Back Row**:Christian Homen, Greg Blankenship, Mike Thompson, Tim Conway, Mike Durst, Hakeem Atabajaiye, Coach Bill Stearns

Fred Mastripplito and Greg Henley take a quick start on the 100 m dash. To finish in the front line, a sprinter not only needed speed, but also good reactons to get off the starting blocks fast.



Pushing himself up and over the bar, Scott Ramsey pole vaults a height of 12 feet 4 inches at the spring meet held at Potomac. Scott also took part in the sprints, and his improved speed helped him make his season more successful in pole vault.



Celebrated Champion

Monyetta Haynesworth won the State championships in two events, the long jump and the 55-meter hurdles. She finished second in the triple jump at the indoor track and field State meet. All of her results were on national standards, and her 7.98 in the 55-meter hurdles was the top in the whole country.

At the State outdoor track and field meet, fatigue from back-to-back events cost her good marks in the 100-meter dash and the long jump. In the hurdles, Monyetta appeared headed for a top finish when she clipped the last hurdle and fell. She decided to quit track for good.

Fortunately, the new track coach, Bill Stearns, renewed her interest in track. He got her out on the track one day, and assured her that her talent was just too obvious to be thrown away. "I had the opportunity to work with several national champs and all-Americans, and I saw quickly that she was by far the most purely talented of them all," said Bill Stearns. - By Christian Homen

Monyetta Haynesworth was the most celebrated athlete in Potomac after her remarkable indoor season. She carried the trophy the girls team won by finishing third in the State and got congratulated by Shantal Brooks.



Stacy Henley and James McNeal fly over the hurdles in a fast pace. A competitor needs both speed, aggression, and sense of rhythm in this event.



Mike Durst is running his part of the 3200 relay. Since the success in a relay doesn't depend on an individual, but the whole team, the relays became popular and inspiring.

All About Precision

Precision meant everything. It meant a half-second less or an inch more.

The track and field team relied on each member to do his best in his event to make the team score higher. "We all participated in different events, so we just concentrated on improving our own technique," said Marianne Connolly.

Marianne Connolly, Monyetta Haynesworth, James McNeal, Rich Pavone and Greg Henley qualified at the District meet to advance to the Regional meet.

Indoor track was considered preparation for outdoor track. Despite its name, practices were held outside. The warm team spirit and joy of running, jumping, or throwing left the athletes satisfied no matter how cold the weather.

Gregg Henley, Matt Morrell and Marianne Connolly qualified to compete in the State meet. Monyetta Haynesworth also went on to qualify for the State. There she became a state champion and a track star. She placed first in the long jump and 55 meter hurdle and second in the triple jump. A victory for track meant being exact. Being just a little off meant losing; perfection meant victory.
- By Staff

You Can't Live With 'Em, but You Definately Can't Live Without 'Em

In an old Sesame Street song, Bob sang of "The People in Your Neighborhood," the postman, the fireman, the garbageman, and the grocer. Our neighborhood slowly grew as we did, but people had those similar purposes in life.

Bus drivers worked to bring you to school, in rain, sleet, or snow. Parents protected you from dangers they had been through before. Teachers and administrators worked to clear up the mess you got into after you ignored your parents. Of course, friends were always there in the lunch line when you were 10 cents short.

The new seven period day left less time before school and during lunch to socialize, so the telephone got more use to open the lines of communication. The extra period also made for more friends which made life a little more fun. As Wendy Wahala said, "The people here vary in different personalities, which makes our school interesting and each day a new experience."

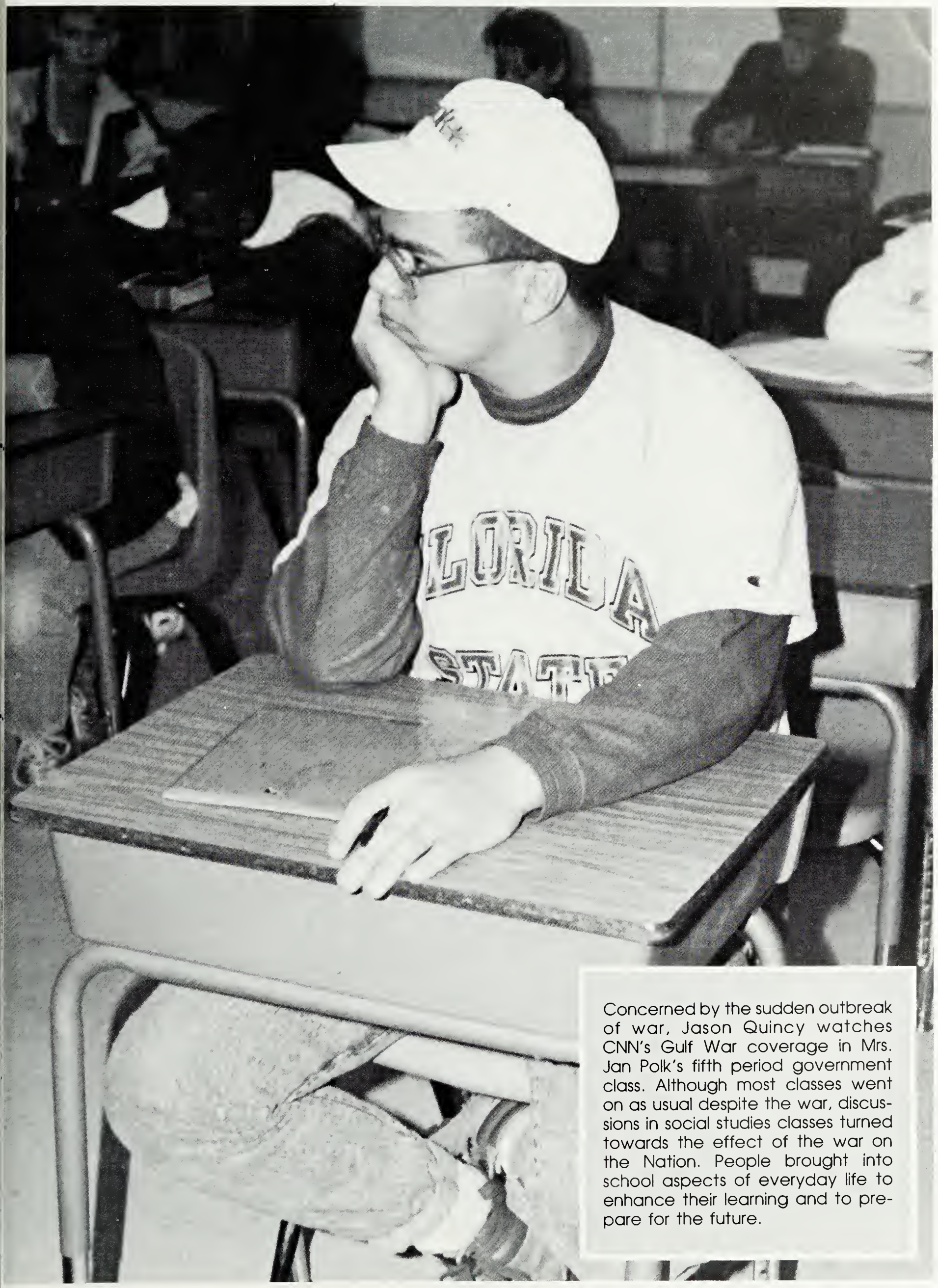
Not many people spent all of their time alone. Whether it was at school, the mall, work or home, people were unavoidable. Friends and enemies both unconsciously affected our lives in the present day and the future. Everybody made a difference - All in a Day.

They were "The people that you meet, when you're walking down the street. They are the people that you meet each day." - By Kris Hetland

DAY IN A LIFE

Examining the playful antics of his friends, Kurt Daniel attempts to save his car after school with John Meyers. It was decorated on Feburary 14 with hearts and sayings of "Happy Valentine's Day" by John, Shannon Bateman and Kevin Daniel. The love and understanding given by friends through actions and words made life bearable enough to survive.





Concerned by the sudden outbreak of war, Jason Quincy watches CNN's Gulf War coverage in Mrs. Jan Polk's fifth period government class. Although most classes went on as usual despite the war, discussions in social studies classes turned towards the effect of the war on the Nation. People brought into school aspects of everyday life to enhance their learning and to prepare for the future.

Success at Last

With the end of their senior year in sight, the class of '91 officers worked hard to keep their class on top. "Our first goal was to sweep Homecoming, and after lots of hard work by many seniors, this was successful," said Kristen Cain. Success was the key word this year and after taking first place for Homecoming Week, it was time to start something new. It was time to concentrate on graduation, especially getting a speaker.

As with all positions of leadership, being an officer required responsibility, hard work, and dedication. Leading the class was Kristen Cain, President; Tom King, Vice President; Chris Weller, Secretary; and Jeremy Tuten, Treasurer.

"I am very happy to have been given the opportunity to represent the Senior Class. I enjoy acting on all the different committees," said Jeremy Tuten. After all the time spent planning, it was rewarding to see events like Homecoming become such a success. -By Jennie Gordon

Senior Class officers, Chris Weller, Kristen Cain, Tom King, and Jeremy Tuten, stand in front of the Senior bulletin board, a recently added senior privilege.

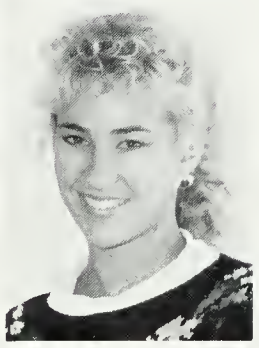


Gray Nelson



"It's not a matter of intelligence; it's more hard work and organization. School doesn't dominate my life, but it is an important part of who I am. Planning time is hard, but it's worth it." - *Most Academic*

Kristen Cain



"I feel I should bust out with something intelligent. Seriously, I like to spend time on other activities, but I keep in mind that academics and good grades are the real key to my future." - *Most Academic*





Natalie Abt Choir 9-12, Jr. Civ. 10-12, Fr. Cl. 9-12, Vlybl. 9, Drama 12
Sherry Acuesta Sp. Cl. 11,12, VP 12, PSS 12
Melissa Ambler Sym. Band 10-12, Mar. Band 9,10,12, Fr. Cl. 9, NHS 11,12, Pep Band 9-10, Leo Cl. 10-12, Con. Band 9
Chris Andreno Choir 9, Bsbl. 9,10, SCA 9,12
Robert Aquino
Nicole Arnold Tn. Clnsng. 11,12, Jr. Civ. 9-12, NHS 11-12, Bsktbl. 9-12, Soccer 9-12, Tennis 9-12, Capt 12, Sgt. at Arms 12
Pete Ayres Drama 12, VICA 11,12

David Baker Jr. Civ. 10-12, PSS 12, Ind. Trk. 10, Crs. Cntry. 10, SADD 12
Catina Baldwin Choir 9, Jr. Civ. 10, FBLA 9,10, DECA 12
David Baldwin
Jason Banks Jr. Civ. 9, FBLA 12, DECA 10,11, Crew 10
Fredrick Barrett VICA 11,12
Mary Basso
Shannon Bateman Cam. Sing. 11,12, Chrldng 10, Pep Cl 9,10, Drama, 12

Lisa Beall Cam Sing 12, Choir, 9-12, Jr Civ 12, Fr Cl 10, PSS 12, Crew 10,12, Drama 12, SADD 11
Andrea Beaman FBLA 11,12, Gym 9, SADD 12
Kevin Becker Lit Mag 11,12, Latin Cl 9-11, Crs Cntry 12, Leo Cl 12, Debate 11
Jeremy Bellamy
Brian Benoit
Catherine Berkman Orch 9-12, Tn Clsng 12, Ind Trk 9-12, Trk 9-12, Drama 12
Lisa Bernhardt Tn Clsng 11,12, Jr Civ 10, Fr Cl 9-11, PSS 11, Leo Cl 10-12, Debate 10, Drama 11,12

John Beyer Prowler 11, Mar. Band 9-12, Jr. Civ. 9, Pep Band 9, Leo Cl. 10-12, Sci. Cl. 9, Con. Band 9-12
Beth Biller Prowler 10-12, Editor 12, Sp. Cl. 9,10
Emily Black Fr. Cl. 9, DECA 10-12
Brian Blankenship Sym Band 10-12, Con Band 9, Jr Civ 10-12, Sp Cl 9-10, Ind Trk 10, Crs Cntry 11,12, Trk 12, Sci Cl 11, Jazz Band 11,12
Amanda Blanks
Greg Bonner Sp. Cl. 10, FBLA 11,12, Golf 10-11
Gary Boyette

Denys Breeding DECA 10-12, FHA 10
Marcell Brevard Bsktbl 9,12
Abigail Bridges Yrbk. 10,12, Sp. Cl. 9, Pres. 9, Latin Cl. 12, NHS 11,12, Math Cl. 9, FHA 10
Sean Broadus Ftbl. 9,11, Blk. His. 12, VICA 11
Anthony Brown Tn. Clnsng. 11, Sp. Cl. 9-12, VP 11, SNHS 12, Sec. 12
Willy Brown
Jenn Bucci Pep Cl. 10, Jr. Civ. 11,12, DECA 11, PSS 11, Crew 11,12, VP 12, Sftbl, 9,10

Anthony Burns
Kristen Cain Pnthrts 10-12, Co-capt 12, TnClsng 11,12, JrCiv 10-12, FrCl 10-12, NHS 11,12, Sccr 9-12, CHAMPS 11,12, ClsVP 9,10, ClsPres 11,12
Aileen Callahan SNHS 10, DECA 11,12, Pres 12, Vlybl 9-12, Sftbl 9-12
Heather Cannon CamSing 10-12, Choir 9-12, Pnthrts 10, Chrldng 11, Drama 11,12
Stan Carmical PrClsng12, JrCiv12, KeyCl12, Cls Pres9, Ftbl9-12, Wres9,10,12, Sccr9-12, Drama9,10
Gail Carter FBLA 11, DECA 12, SADD 10
Mark Catlett SymBand11, ConBand9,10, VICA11,12

Michael Caton PHS Class 9, Jr. Civ. 12, Fr. Cl. 10-12, Ftbl. 11 Hist. Cl. 10

Nell Cells

Michael Clay

Stacie Clemmons Pnthrts. 9-12, Tn. Clnsng. 11,12, Jr. Civ. 10-12, Fr. Cl. 9,11,12, NHS 11,12, P.S.S. 12, Class Treas. 9, Crew 9,10

Benjamin Clove NHS 11,12

Sal Colangelo Tn. Clnsng. 11,12, Ftbl. 9-12, Bsktbl. 9, Bsbl. 9-12

Alicia Colletti Latin Cl. 9,10, P.S.S. 11,12, Bsktbl. 9,10, Sftbl. 10, Drama 10-12

Marianne Connolly

Timothy Conway NHS 11,12, It's Acad. 11,12, Ind. Trk. 10-12, Crs. Cntry. 10-12, Track 10-12, Math Cl. 10

Melanie Corbin PHS Class 10-12, Editor 11,12, Tn. Clnsg. 11,12, NHS 11,12, Leo Cl. 10-12

John Corman

Matt Covington NHS 11,12, Ftbl. 9-12, Wres. 9, Hist. Cl. 10-12, Con. Band 9

Jason Creighton

Robert Crouch VICA 11

Anita Daniel PepCl9,10,12, FBLA11, SADD10,11, FHA12

Kevin Daniel Choir12, Orch9-12, SNHS9,10

Kurt Daniel CamSing12, Orch9-12, SymBand10-12, ConBand 9, FrCl9,10, NHS11,12, Jazz Band11,12

Angela Davis

Romeo Davis CamSing12, Choir9-12, PSS11, Ftbl9-11, Bsktbl 12, Blk Hist11

Wendy Deabenderfer Orch11,12, SymBand9-12, MarBand9-12, JrCiv11,12, LatinCl9,10, NHS11,12, SADD11,12

Timothy Dearing

Theresa Deck TnClsng 11,12, NHS 11,12, Sccr 9-12

Angel DeLucia

Jason Deptula

Frank Desena

Scott Dietze Tn Clnsng 12, PSS 11,12, Bsktbl 9, Bsbl 9,10,12, Leo Cl 11, Sci Cl 10, SADD 10-12, VICA 11,12

Kelley Dinsmore Orch 12, Sym Band 10-12, Mar Band 9,11,12, SADD 12, Jazz Band 11,12

Phyllis Dodson Sym Band 11,12, Mar Band 9-12, Tn Clnsng 11,12, Bsktbl 11, Leo Cl 11,12 Con Band 9,10, Pep Band 9,10

Mindi Dovberg Sp Cl 9,10, PSS 11,12, Vlybl 9-12, Capt 12, Drama 9-12, VP 12, SADD 9,10

Michael Dowd Crew 12, SADD 12, PSS 12

Charles Driscoll Lit Mag 12, Peer Clnsng 12, Jr Civ 9, SNHS 12, NHS 11,12, It's Acad 12, Wres 9-12, Capt 12, Crew 12, Soccer 10,11, Trk 9, SCA 12

Robert Dudley

Rudolph Ennis FBLA 10,11, DECA 12

Carlota Erazo

Angelique Ethridge

Brandy Evans

Carole Eye

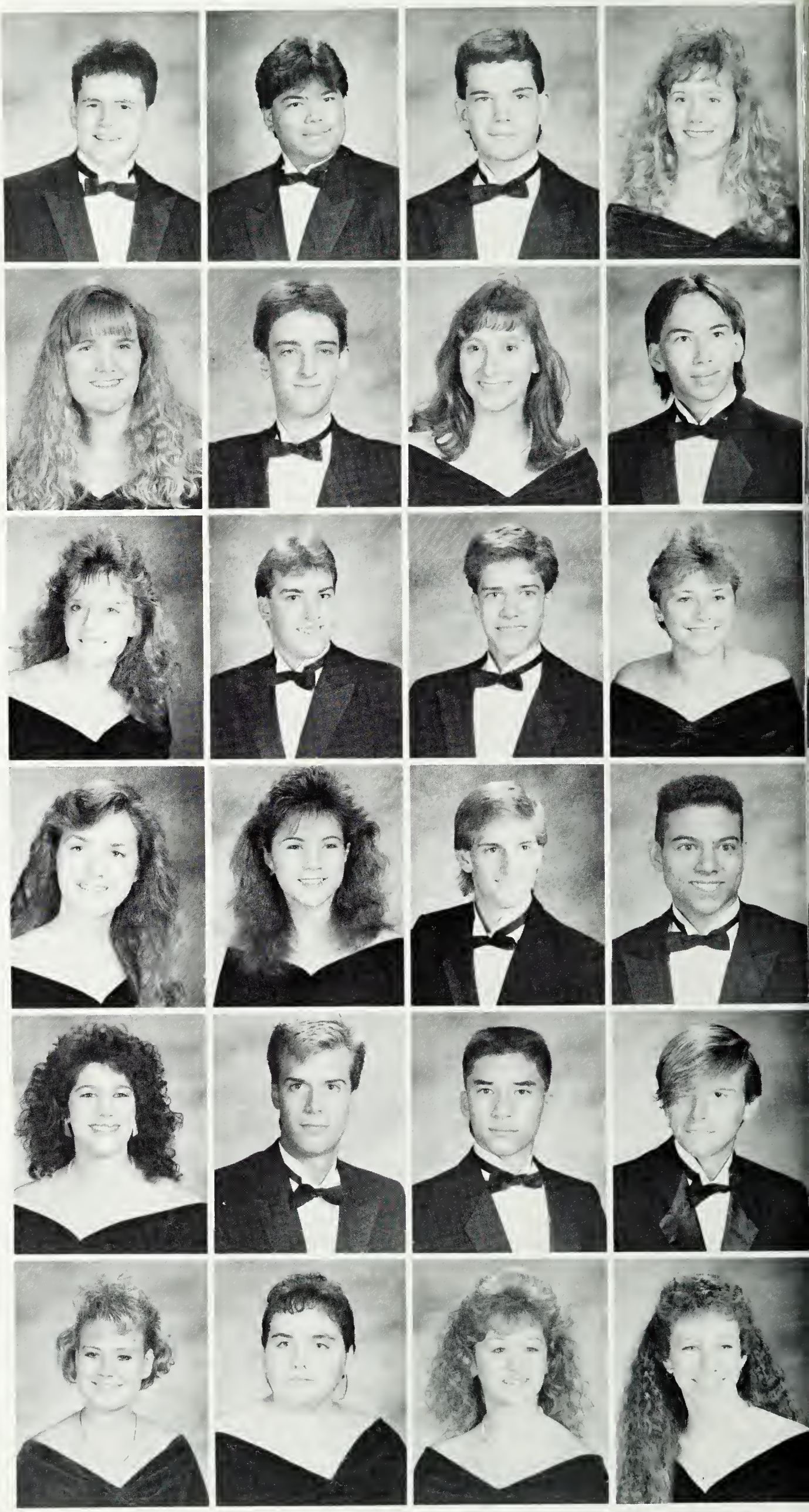
Julie Falk

Chanda Farmer Sym Band 11,12, Con Band 9,10, Mar Band 9-11, Band Frnt 12, Sp Cl 9-11, PSS 12

Thomas Favor

Adina Fazelyar

Eric Fels Sym Band 10-12, Con Band 9, Mar Band 9-12, Gr Cl 11,12, Hist 11, Pep Band 9,10, PSS 12, Jazz Band 11,12





Good Clean Fun

Eating cold pizza and staying up until 3:00 a.m. Was that fun? Sure it was, when you were in the company of friends. On various nights, students joined forces with friends at area churches to have fun.

Helping the homeless, collecting food, visiting senior citizens, and cleaning up their church were some of the activities that youth group members enjoyed. Eric Sivers said, "We do our best to have fun and enjoy all the activities."

At a "Lock-in" at the Dumfries United Methodist Church, members helped out the church by waxing pews and painting rooms. After the work, they rented movies and played music. Members of Woodbridge First Church of the Nazarene's youth group spent ten days in Mexico over the summer to help build a church. The whole church rallied behind them to raise money needed to finance the trip.

Members were not the only people to benefit from the activities. The people in the surrounding areas could also feel the warmth of their generosity.
- By Staff

Kris Hetland takes her turn at the ping pong ball during a game of Round Robin with Eric Fels, Diana Morse and Kirsten Speca. Churches often planned social events for teens to strengthen friendships and have fun.



Scott Dietze



"I like to see people smile and have a good time so I try to contribute to their smile. I just like to have fun and there's no other way but to party!" - *Friendliest and Life of the Party*

April Sackett



"It's easy to be nice to wonderful people. Everyone is an individual and has unique qualities that interest me. I live to see someone smile. It makes my day!" - *Friendliest*

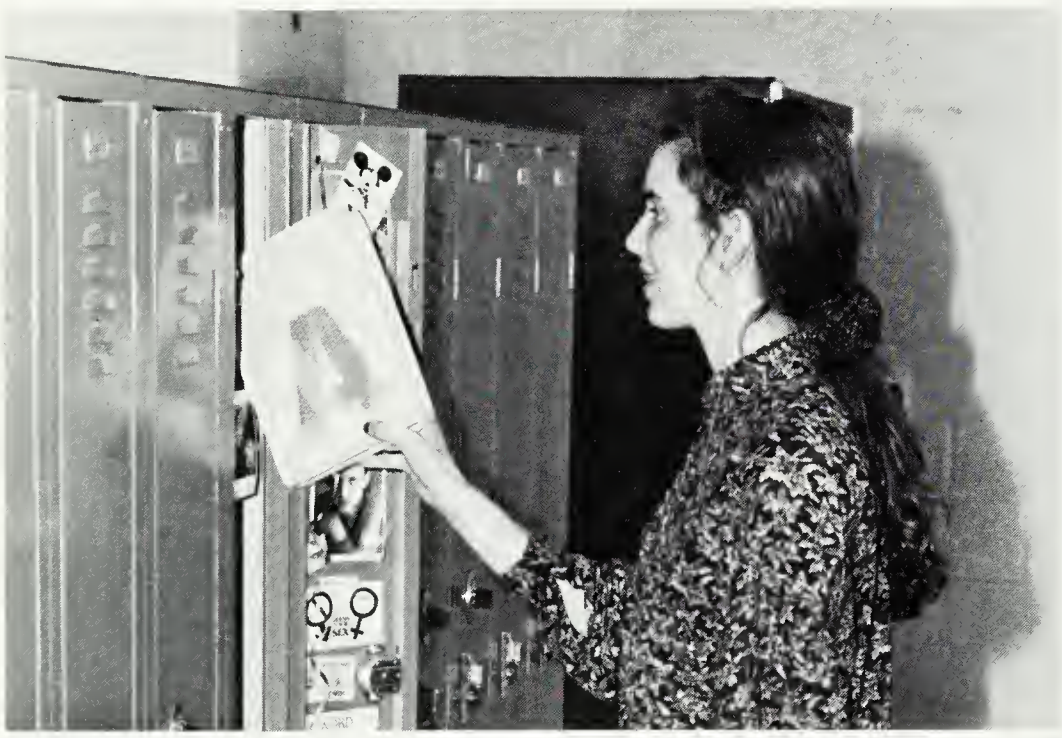
Reflections of Myself

Walking through the halls, you could see many famous people, or perhaps you might see someone's best friend or dog. Another familiar sight was streamers advertizing a birthday or supporting an athlete. It's all what you might see in and on our homes-away-from-home -- our lockers.

Students decorated their lockers soon after school started. Displaying one's favorite movie star or musician was a popular way of decorating lockers. Photographs of loved ones and friends, especially service people in Saudia Arabia, were also visable.

Mirrors were also hung for between class glances. Devonne Johnson commented, "I decorated my locker so I have something to look at when I get my books."

Through the decorations, students could express themselves. Lockers told who the owner was - their tastes, their views, and sometimes their idols. - By Staff



Surrounded by her decorations, Jen Rielly exchanges her books for her next classes. Students' creativity showed as their lockers expressed their views.

Tom King



"I've always loved to make people laugh; it's helped me make a lot of friends. We can't take school or life too seriously, but we have to enjoy it while we're still young!" *Funniest*

Carey Riordan



"I try to look at the lighter side of life; it helps me be positive. I like to make people laugh. I don't really try, but most of it just comes naturally." *Funniest*





Timothy Ferenschak Orch 9-12, Jr Civ 12, Sp Cl 10, Span NHS 10,11, NHS 11,12, Ftbl 9-12, Soccer 10-12, SCA Sgt At Arms 11, SCA Pres 12
Fredrick Fern
Carlos Figuroa Ftbl 9, Wres 10-12
Colleen Flynn Choir 9-12, Key Cl 9, DECA 11,12, Vlybl 9-12, Sftbl 11,12, Track 10
Robin Freeman Orch 9-12, Pep Cl 9
Kindra Freiherr Tn Clnsng 11,12, Jr Civ 10-12, Soccer 9-12, Tennis 9-12
Angi Furbee Pnthrts 11,12, Tn Clnsng 11-12, Jr Civ 9-12, NHS 11,12, Crew 10-12, Soccer 9

Debi Gabriel SymBand 10-12, MarBand 10-12, Jr Civ 10-12, SADD 10-12
Christie Gagnon Nwspr 11,12, TnClnsng 11,12, FrCl 11,12, PSS 11,12, Vlybl 10,11, Bsktbl 9,10, Sftbl 10-12, CHAMPS 11,12
Mikele Galbraith
Carla Galliani Pnthrts 10-12, JrCiv 11,12, FrCl 12, NHS 11,12
Wendy Galliani Pnthrts 10-12, TnClnsng 11,12, JrCiv 10-12 **Balvin Garcia** Choir 12, SymBand 9-12, MarBand 9-12, Pep Band 9-12, JazzBand 9-12
Darrell Gardner

Holly Garfield Pnthrts 10-12, PSS 11,12
Erik Gillespie Lit Mag 11, Ger Cl 11,12, PSS 11, Leo Cl 12, Debate 9, Drma Cl 11,12, Sci Fair 9, SADD 9
Lora Gipson Panthrts 11,12, FBLA 10, DECA 12
Tara Golding PSS 12, FHA 10
Elizabeth Gooding PSS 12, Track 9
Jeffrey Goodman FBLA 12, Ftbl 9-12, Wres 9-12, Bsbl 11,12
Jennie Gordon Yrbk 12, Band Front 9-12, Jr Civ 10,12, Drma Cl 12



Julie Grace PeerClnsng11,12, PSS11,12, Crew10-12, SADD 9,11
Steven Graham Orch9-12, SymBand9-12, MarBand9-12, PSS 11,12
Tara Graff
Jennifer Greek FrCl9,10, LatinCl11,12, Vlybl9-12
MaryKay Greenwood LitMag12, Choir9-12, FrCl11, Track11
Steve Gresham Ftbl9-12, Wres9,10,12, Con Band9,10
Lisa Grotz CamSing11,12, Chrldng9-12, Jr Civ11,12

Michael Guillory
Steve Gutierrez DECA 12, Ftbl 9, SCA 11
Nathan Hale
Cheryl Hall
Christian Hall
Jennifer Hall
Lee Hall

Tamara Hamilton
Melissa Hamm Bsktbl 9,10, Sftbl 9-11, SCA 9-11, FBLA 11,12
William Harner
Shallek Harper
Becky Harpster
Brian Harris DECA 12
James Harris Ind Track 9, Soccer 9,10,12, VICA 10-12, Pres 12

Michelle Hawkins Chrldng 9,10, Ger Cl 9-12, NHS 11,12, FBLA 11,12, PSS 12, SADD 9-12
Timothy Hayden Jr Civ 12, Key Cl 12, Ger Cl 11, NHS 10-12, Crew 12, Soccer 9-11, Crs Cntry 9-11, Class Tres 10
Monyetta Haynesworth Tn Clnsng 12, Peer Clnsng 11,12, FBLA 10, Ind Track 9-12, Track 9-12, SADD 10, SCA Sec 12
Daphne Hearn
Heidi Heath PSS 12, Crew 9-12, Tennis 10
Joshua Heatwole Jr Civ 12, FBLA 11
Timothy Helbling

Michael Helms Cam Sing 10-12, Choir 9,12, Ger Cl 10, Drama Cl 11,12
Matthew Henry
Kristin Hetland Prowler 10-12, Editor 12, Band Frnt 9-12, Tn Clnsng 11, NHS 11,12, Pep Band 9,10
Seth Heywood Jr Civ 10, Drama Cl 10-12
Mark Hidalgo Sp Cl 9,10, Ltn Cl 11, SNHS 11,12, NHS 11,12, FBLA 10,11
Mary Higgs
Larry Hills Blk Hist 11

Susan Hixson Jr Civ 9,12, Sp Cl 9, DECA 11,12, PSS 12, Crew 12
Stacy Hodson
Christy Holley Pnthrts 12, FBLA 10, Crew 10-12, Leo Cl 10
Jennifer Holloway Choir 9-12, Jr Civ 11,12, Fr Cl 12, PSS 12
Kathy Holloway
Christian Homen
Janet Hughes Ltn Cl 11, DECA 11,12, Crew 10,12

Kevin Hume Jr Civ 10-12, FBLA 10, Drma Cl 11,12
Carleton Hunter Drma Cl 9-12
Marc Hurst Sp Cl 9, Ltn Cl 12, Tennis 10-12
Rhoda Iballa
Clint Ingram
Michelle Irby
Scott Iverson Fr Cl 9,10, NHS 11,12, Leo Cl 10-12, Con Bnd 9

Kenny Jacobs Ind Trk 9-12, Ftbl 9-12, Trk 9-12, Drma Cl 11, VICA 10-12
Sean Jaehne Ftbl 9, Wres 9-12
Steven Jakulski
Annette Johnson Nwspr 9, Chrldng 9, Pep Cl 10,11, Key Cl 9. PSS 11,12, Bsktbl 9, Blk Hist 11,12, Class Sec 9,10
Bridget Jones FHA 10,12
Kelley Jones Lit Mag 12, Nwspr 11,12, Sftbl 9-12, VICA 11,12
Willie Jones

Colin Kalbfleisch
Thomas Kalvig
Tammy Karhan Cam Sing 11,12, Choir 9-12, Jr Civ 11, Sp Cl 9,10, Vlybl 9,10, Trk 9
Jennifer Keady Cam Sing 11,12, Choir 9-12, Chrldng 9-12, Fr Cl 9, NHS 11,12, PSS 11,12, Drma Cl 9,10
Rebecca Keller FBLA 10-12, DECA 11
Holly Kellett Leo Cl 10-12
Amanda Kelley Tn Clnsng 11,12, Jr Civ 9-12, Ltn Cl 9-11, SNHS 12, NHS 11,12, Drma Cl 9,10, SADD 12





Taking a Load Off

They graded papers, ran errands, helped other students, and did homework. Being a teacher's aide gave students the chance to take the workload of a heavy academic schedule off their shoulders for a period and help out teachers.

Seniors were the only students able to be aides while underclassmen participated in a new program as assistants. "For me, it is an easy A and a free period to do homework. I've got enough academic classes already," commented Alex McCord, a Health and P.E. aide.

How much credit was received (anywhere from 1/2 to 2 credits) was determined by what department students aided. As a science lab aide students helped to prepare labs, clean equipment, and assist students if possible. As a library aide, shelving books and checking out books were parts of the job. Helping with the guidance department meant delivering passes and handing out absentee sheets.

Being an aide was more than just sitting around doing homework. Students earned credit while learning and building skills such as patience and responsibility. - By Staff



Library aide, Heather Steelberg checks out a book for Jennifer Kellogg, whose class was in the library fifth period. Library aides learned their way around the library and helped other students use its resources.

David Baldwin



"I don't really see myself as talkive. I'm more of a taciturn fellow. Actually, I think I was really voted "Most Academic," but somebody made a *faux pas*. By the way, did you know..." *Most Talkative*

Stacie Clemmons



"What can I say? I love Potomac!...I know so many people and I take an interest in them, so I feel like talking to eveyone to show that I care." *Most School Spirited and Most Talkative*

The Double Life

Two lives in one - high school senior and college freshman. Very few could accomplish this. But through a program at Northern Virginia Community College (NOVA), five students found the time to lead this double life.

The students were enrolled at Potomac but attended NOVA to complete their senior year of high school and freshman year of college at the same time. They were required to take English 12 and Government at NOVA, but the remainder of their classes were general education classes and major-oriented classes.

"I feel really great about what I've accomplished. I am really psyched about graduating and finishing my freshman year early," said Sylviana Land.

When high school schedules didn't permit the time, students would take classes, such as typing, at NOVA. Many of these classes were held on evenings and Saturdays. They provided the opportunity for students to take skills classes which would be useful in the future.

Students involved in the study program and extra classes showed their maturity, and Potomac showed pride in these students. - By Staff

Neil Celis and Jason Miller look over the spring schedule for NOVA for opportunities to take extra classes. The community college was an option for students preparing for college.

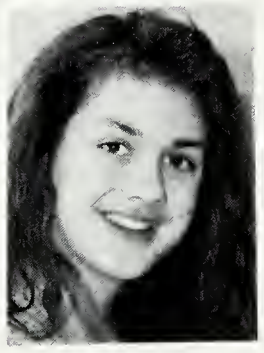


Duncan Shea



"Obviously I have gone insane. Usually, I am anything but quiet. I'm not exactly an I-talk-people-listen person, but this is too much." *Quietest*

Tracy Deck



"I am very surprised that I was voted quietest. I don't have a lot to say, and I guess I would just rather say nothing instead of something stupid or foolish." *Quietest*





Michelle Kinder
Elizabeth King
Thomas King Jr. Civ. 11, 12, Fr. Cl. 10-12, Latin Cl. 11, NHS 12, FBLA 9, Class VP 12, Ftbl. 9, Soccer 11, 12
Kate Knight Peer Clnsng. 10-12, Fr. Cl. 9-12, NHS 11, 12, Ind. Trk. 9-12, Soccer 9, Crs. Cntry 12, Track 9, 12, Leo Cl. 11, 12
Elizabeth Knowles
Kelly Krapfl Tn. Clnsng. 12, Latin Cl. 11, 12, PSS 12, Vlybl 9-11, Bsktbl. 9-12, Sftbl. 9
Barry Kraus

Matthew Kuhns
John Lake Tn. Clnsng. 11-12, Jr. Civ. 10-12, Latin Cl. 10-12, Ftbl. 11, Wres. 9, Soccer 9-11, Hist. Cl. 9, SADD 11, 12, VICA 12
Sylvianna Land
Chris Landrum Jr. Civ. 10-12, Fr. Cl. 10-12, NHS 11, 12, Wres. 10, Soccer 9-12, Crs. Cntry. 12
Sabrina Leckner Peer Clnsng. 11-12, NHS 11, 12, Drama 9-12
Barry Lee Ftbl. 10, Wres. 9, Sci. Cl. 11, 12

KiBok Lee Sp. Cl. 9-10, NHS 11-12
Sandra Lee PHS Class 10, Pnthrts. 10, 12, Tn. Clnsng. 11, FBLA 10, DECA 11, 12
Margreth Leiser
David Levine Drama 9-12, Stage Mgr. 11, 12
Kevin Lewis
Lisa Lewis Choir 9-12, Pnthrts. 12, PSS 12, Drama 11, 12
Debra Lutkoski Orch. 9, Pnthrts. 9-11

Christina Maas Track 9, SADD 10, SCA 10-12
Kimberly Maddox
Christina Malainka Fr. Cl. 9, 10, VP 10, Latin Cl. 11, 12, Soccer 9, 10
Naveen Malladi Tn. Clnsg. 12, Jr. Civ. 12, NHS 11, 12, Math Cl. 10, Sci. Cl. 11, Sec. 11
Mark Malloy Tn. Clnsng. 11-12, Jr. Civ. 9-11, Latin Cl. 10-12, Officer 11, 12, PSS 11, 12, VP 12, Soccer 9-11, Hist. Cl. 10
Susan Martin DECA 11, 12, FHA 11
Tracy Martin

Vicki Martine DECA 12, Drama 10-12
Nicole Mason DECA 12, Bsktbl. 9, Track 10, Blk. His. 11, 12
Jennifer Massa Jr. Civ. 12, Fr. Cl. 12, Latin Cl. 11
Fred Mastrippolito
Keith McAfee PSS 12, Ftbl. 11-12, Bsbl. 12
Kevin McAfee PSS 12, Ftbl. 11, 12, Bsktbl. 11
Amy McCaskill Lit. Mag. 11, 12, Editor 11, 12, Pnthrts. 12, Jr. Civ. 11, 12, Leo Cl. 11, 12, VP 12, SADD 11-12, Wres. Mgr. 10-12

Alex McCord Jr Civ 10-12, Sp Cl 12, PSS 12, Sccr 9-12
Christi McGee Tn. Clnsg. 11-12, Jr. Civ. 9-12, Sp. Cl. 9-12, SNHS 10-12, NHS 11, 12, Leo Club 10, 11, SCA 12, Drama 9-12, SADD 9-12
Rodney McLaughlin Sym. Band 10-12
Annette McMillen Jr Civ 9-12, DECA 11, 12 VP 12, Crew 12, Sftbl 9, 10
James McNeal
Stephen Meckley
Marilyn Mercado Chr 12, Orch 11, 12, Tn Clnsg 12, Sp Cl 9, 10, FBLA 11, 12, PSS 11, Drma 9-12

Jason Miller Jr. Civ 12, PSS 12 Soccer 10-12
Sonny Miller
Stephanie Miller PHS Class 10-12, Editor 12, Tn Clnsng 11,12, Fr Cl 9,10, Latin Cl 11, Crew 11, Tennis 9,10
Karin Millsaps NHS 11,12, Vlybl 9-12, Capt 12
Frances Morales Sym Band 9,10, Con Band 11, DECA 11,12, Pep Band 9,10
Stephanie Morales
Clinton Morgan

Justin Morgan Jr Civ 10-12, PSS 12
Diana Morse Orch 12, Sym Band 10-12, Con Band 9, Pep Band 9,10, Jazz Band 12, Mar Band 9,10, NHS 11,12, PSS 11,12, Drama 11, SADD 9
Kyle Morseman
Isha Mott
Vonetta Murray Pnthrts 10-12, Sgt-at-arms 12, Tn Clnsng 12, Sp Cl 10,11, PSS 12
Andre Murrell
John Myers Jr Civ 12, Fr Cl 9, PSS 12, Ind Trk 12, Track 9,12, Con Band 9

Cindy Natale Jr Civ 9-12, FBLA 10, DECA 11,12, Sec 12
Martha Nava
Julie Neer Choir 9, Pep Cl 12, DECA 12
Benjamin Nelson Tn Cnslng 11,12, Jr Civ 11,12, Fr Cl 9-12, NHS 11,12, It's Acad 11,12, Wres 9,10, Drama 9-12, Pres 12, Hist Cl 10
Scott Neville Tn Cnslng 12, Jr Cov 12, PSS 12, Bsktbl 9, Bsbl 9,10, Soccer 11,12, VICA 12
John Newsom
Christopher Nicolson Yrbk 10,11, Newsppr 10,12, Soccer 9-12

Jennifer Nonken
Krista Nordeen
Danielle North Orch 9, Pep Cl 10-12, FBLA 9,10, DECA 11,12, PSS 12, Vlybl 9, Track 11,12, SADD 10-12
Richard North Tn Cnlsng 11, Jr Civ 11,12, Sp Cl 9,10, Latin Cl 11,12, Ftbl 9, Soccer 9-12, SADD 10-12
Karey Oakley
Nichole Okuly SADD 12
Jeffery Orchard Track 10

Jeffrey Overand Jr Civ 10-12, Sp Cl 9-12, Treas 12, Golf 11,12, Hist Cl 12
Ryan Overholt Latin Cl 11,12, Bsbl 9-12, Sci Cl 9
Christopher Overton Prowler 10-12, Foreign Lang Cl 12, Leo Cl 10,11, PSS 12
Brice Page
Jason Page
Erin Palmer Choir 9, Key Cl 11
Jeannie Palmer Sym Band 11,12, Con Band 9,10, Mar Band 9,10,12, Jr Civ 11, NHS 11,12, Pep Band 9,10, PSS 11,12, Crew 10-12, Treas 12

Christa Papas
Beverly Parkzes
Chad Pattie
Joye Pattie
Richard Pavone Ftbl 9-12, Wres 11,12, Track 11,12
Charles Perkins
Sean Perry Soccer 9, VICA 11,12





Endless Procession

It was late at night, and the typewriter was still clicking. The thoughts of an essay were being transformed into words on a piece of plain, white paper. This essay was more important than all English essays put together. This was the essay that would decide if you were to go to college.

The application process for college entrance seemed endless. Typing, getting information and references, and writing that ever important essay were all part of the task that many seniors struggled through. All the seminars attended on filling them out right still didn't equip applicants well enough. "I hate them because they are long and boring," said Phyllis Dodson.

Then came the months of waiting for a response. "I just wish they would let me know either way. It's stressful just waiting around," commented Diana Morse.

As the end of the year rolled around and final decisions were being made on housing and payments, seniors were able to loosen up and make the year memorable for the fun times. - By Kris Hetland

After completing all forms, Chris Weller mails his applicaton to the University of Virginia. Recommendations and transcripts had to be correlated long before the actual date.



Tim Dearing



"I try to wear clothes that are comfortable and look nice. I don't choose what is always in style; I choose what I like." - *Best Dressed*

Shannon Bateman



"Dressing nicely helps me to feel good about myself. I try to have a positive attitude towards school, and this is my way of being prepared." - *Best Dressed*

A Look at Reality

"Watch out, that senior year will cost you," warned parents. Older siblings joined in with advice, but it was all pushed aside. The unheeded words fell to the wayside, and seniors went into debt.

With the senior year came many financial changes. Work invaded the lives of students everywhere, but seniors seemed to have more homework and less time than underclassmen. "I can't count the nights my boyfriend and I stayed at home because we were broke," commented Julie Neer.

Looking back, the money often seemed wasted. "It's stupid to pay for college applications if you don't go there," said Karin Millsaps. But applications and standardized tests were unavoidable.

Seniors spent their money on Homecoming, Prom, and other school functions. With luck, they finished with enough money for beach week. It was filled with fun, friends, and of course, hotel, food, and gas bills.

As the dread of exams neared, seniors awaited graduation. Finally, the cap and gown arrived, which symbolized graduation and the hard work and determination it took to get there, and into the real world. - By Debi Gabriel

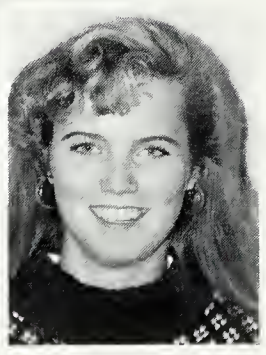


Stacie Hodson completes her SAT form as did many other juniors and seniors. The $16.00 cost just to take the test was minute compared to AP exams and ACT's.



Coy Sizemore

"I love my school; there is no school I'd rather be at than Potomac. Everything at Potomac is great - the students, the faculty and the athletic department! GO POTOMAC!" *Most School Spirited*



Robin Scaggs

"Well - it's just fun to go out and have fun when you're not in school! Partying is definately one of the best things of high school!" *Life of the Party*





Erika Peters
Anitra Piper Band Frnt 10-12, Sp Cl 9, Trk 9,10,12, Drma Cl 11,12, SADD 9, FHA 9
LaKeshia Pitts
Christina Poley Jr Civ 11,12, NHS 11,12, Bsktbl 9-12
Kevin Polk Sym Band 11, Mar Band 9, Pep Bnd 9,10, Con Band 9,10
Michelle Pope Choir 9-12, FBLA 11,12, PSS 12
Kristen Priestly Gymnas 9

Joshua Quesenberry PSS 12, SADD 12, VICA 12
Jason Quincy Ftbl 9,12
Robert Ragon FBLA 10
Ralph Ragosta Nwspr 10, Jr Civ 12, Fr Cl 12, NHS 10-12, Sci Cl 11,12
Daisy Rankin Choir 9, Pep Cl 9,10, FBLA 10, Blk Hist 11,12
VICA 12
Steven Ravert
Kristin Revell Pnthrts 10,11, Tn Clnsng 11,12, Jr Civ 9,11

Michael Rhoades
Catricia Rice
Staci Richarson Bnd Frn 9,10, Ger Cl 9-11, FBLA 12, PSS 11,12
Carolyn Riley Orch 9-11, NHS 11,12, Ind Trk 11,12, Crs Cntry 12, Trk 12
Carey Riordan Tn Clnsng 11,12, Jr Civ 9-12, Fr Cl 12, PSS 11,12, Bsktbl 9-12, Soccer 9-12, SADD 10, Class Pres 9
Jennifer Rodriguez Crs Cntry 9, Trk 9
Jennifer Rogers Tn Clnsng 11,12, Jr Civ 9-12, PSS 12, Tennis 9-12

Bobby Rose
Philip Rotondo
Jennifer Roy
Helen Ruhren
Teresa Ryerse Mar Band 10,11, Ltn Cl 10-12, NHS 11,12, Pep Band 9,10, Con Bnd 9,10
April Sackett Chrldng 9-12, Tn Clnsng 11,12, PSS 12
Ronald Saemann Lit Mag 11, Jr Civ 12, PSS 12, Tennis 9-12m Leo Cl 11,12

Robin Scaggs Chrldng 9-12, Tn Clnsng 11,12, Jr Civ 9-12, Key Cl 12, Itn Cl 10-12, PSS 11,12 CHAMPS 11,12
Beth Schwetje Chrldng 9-12, DECA 12
Melinda Seamans Tn Clnsng 11,12, Jr Civ 12, Key Cl 12, NHS 11,12, PSS 11,12, Drma Cl 10,11
Karen Secord Tn Clnsng 11,12, Jr Civ 9-12, NHS 11,12, Soccer 9, Tennis 9-12
Duncan Shea Lit Mag 12, Nwspr 10-12, Drma Cl 12
Kelley Sheehy Mar Band 10, PSS 11,12, Soccer 9, SADD 12, Con Band 9-11
Tommy Shinn DECA 12, Wres 11,12

Mary Sidlauskas Sym Band 10,11, Mar Bnd 9, Jr Civ 10, Key Cl 9, FBLA 12, Pep Band 9,10, SADD 11, Con Band 9
Andrea Silcox Pnthrts 11,12, Tn Clnsng 11,12, Jr Civ 9-12, SNHS 11,12, NHS 11,12, DECA 11, PSS 12, Crew 9,10
Olivia Simons
Brian Simpson Ind Trk 12, Trk 12
Matthew Simpson
Michael Sines
Coy Sizemore Jr Civ 11,12, Ger Cl 10, FBLA 10,12, PSS 11,12, Wres 9,10, Soccer 9-12

Christina Smerick Cam Sing 11,12, Choir 9-12, Band Frnt 10, NHS 11,12, Pep Band 9,10, Leo Cl 11,12, Drma Cl 9-12

Katherine Smith Nwspr 10-12, Tn Clnsng 12, Jr Civ 12, PSS 12, Drma Cl 9-11

Leon Smith VICA 11,12, ICT 12

Trenda Smith Orch 9-12, Mar Band 12

Chris Snyder

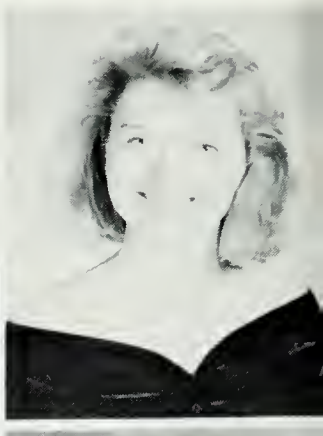
Brian Sowala Orch 9-12, Mar Band 12

Kirsten Speca Pnthrts 11,12, Tn Clnsng 11, Sp Cl 9,10, NHS 11,12









Calvin Speed DECA 10, Ftbl 12, Bsktbl 9,10,12, Blk Hist 11,12

Marco Spencer Wres 9-12, Bsbl 9-12, SADD 11,12

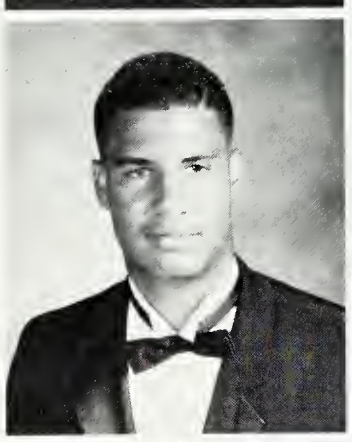
Jon Spetrino Ftbl 9, Wres 9, Bsbl 10-12, VICA 12

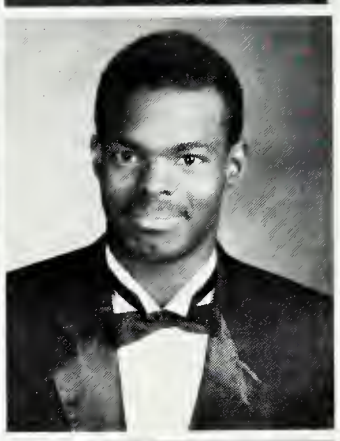
Brian Stanley

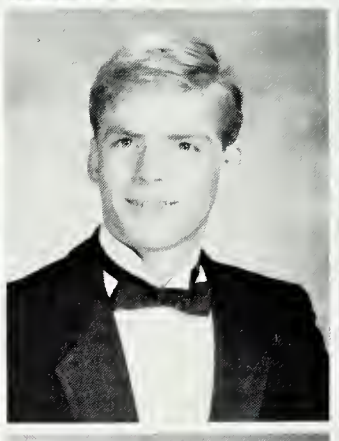
Charles Stanley

Clint Stauffer

Heather Steelberg Bnd Frnt 10, Ltn Cl 12, Drma Cl 12, SADD 10









Heather Steiner Choir 9-12, Pep Cl 9,10, DECA 12, Ind Trk 10, Soccer 9,10, Drma Cl 12

Tamar Stepanian

Vanessa Stevens Mar Band 10, Jr Civ 11,12, Con Band 9,10

Christina Stone Panthrts 10-12, DECA 11,12, PSS 11,12, Gymnas 9

Brian Sullivan Jr Civ 12, SNHS 11,12, NHS 11,12, Pres 12, Soccer 9-12, SCA VP 12

Colleen Sullivan Jr Civ 12, DECA 11,12, PSS 12

Christopher Sutter Latin Cl 12, Ind Trk 10-12, Ftbl 9-12, Bsktbl 9, Trk 9-12, SADD 12









Shannon Swenson Yrbk 10, Tn Clnsng 11, DECA 12, Ind Trk 9,10, Vlybl 9-12, Trk 9,10

Stephanie Taber Choir 9-12, DECA 12, PSS 12, Drma Cl 9,10, SADD 12

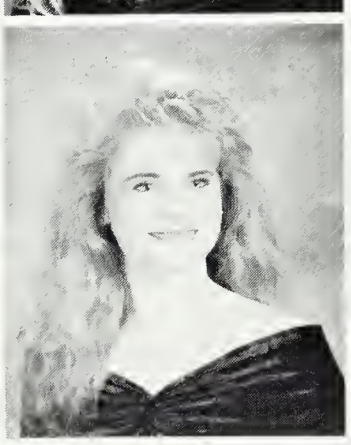
Chuck Taylor

Sara Taylor Orch 9-12, Sp Cl 9,12, SNHS 10-12, NHS 11,12, Leo Cl 10,11, Hist Cl 12

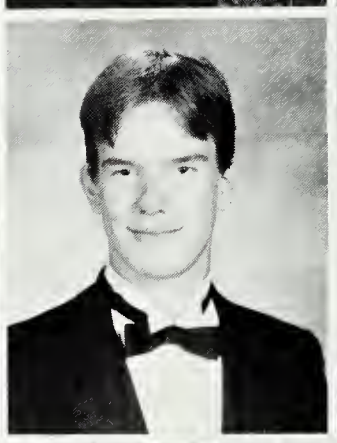
Laura Teeler

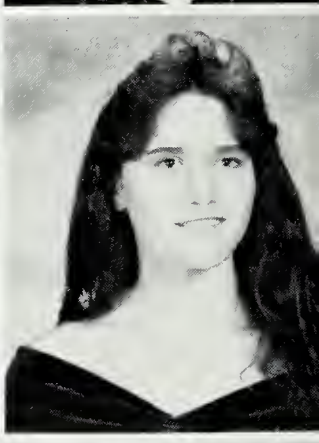
Gilberto Telleria PSS 12, Ind Trk 10-12, Ftbl 9-12, Trk 9-12

Lakysha Terry









Patty Testa

Kathryn Tetreault DECA 11,12

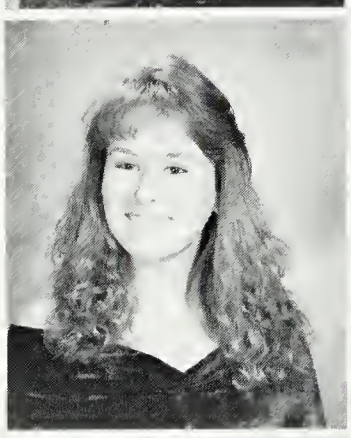
T J Thomas

Valerie Tidwell Lit Mag 12, Orch 9-12, Fr Cl 9,12, NHS 11,12, PSS 12, Leo Cl 10-12

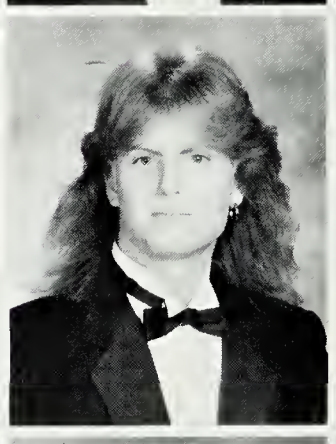
Sherry Tipton FBLA 10, DECA 10, Ind Trk 11,12, Sftbl 9-12, Crs Cntry 10, Trk 9-12, Blk Hist 11,12, Vica 11,12, ICT 11,12

Jimmy Tong VICA 11,12

Maritza Torres FBLA 11, Blk Hist 11









Jennifer Tribe Sym Band 9-12, Soccer 9,10, SADD 11,12

Michael Trull

Brian Tucci PSS 12, Ftbl 9-12

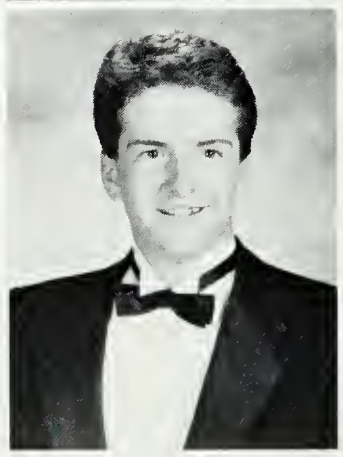
Jeremy Tuten Peer Clnsng 12, Jr Civ 10,12, SNHS 11,12, Sci Cl 10-12, Class Sec 12

Darlene Uber

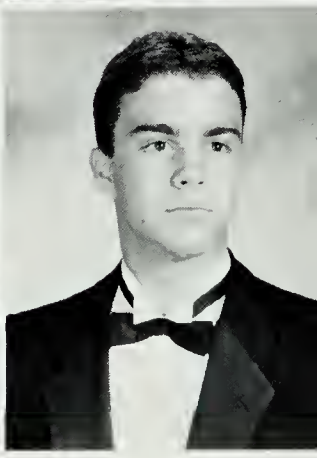
Eric Udell Wres 12, Golf 11, Crew 10-12

Jackson Vanderburg Sym Band 9, Mar Band 9,10, PSS 12, Soccer 9, VICA 11,12, ICT 11,12, Con Band 10











Period of Adjustment

1, 2, 3, 4, 5, 6... 7?? That's right - instead of wishing for sixth period to come, seventh period was the last class of the day.

When the rumor started that there would be an extra class added to the day, students would hardly believe it. The school had been trying to integrate a seven period day for some time. Finally, it became a reality. At first, students were outraged. "Having a seven period day forced you to take classes you did not want to take just to fill up electives," stated Punna Khanna. It also meant staying at school longer. This extra class provided more homework, discouraging even more people.

Soon after the system began, students changed their minds, realizing the benefits of having seven periods. Bridget Byington said, "With more classes, the day goes by faster." Another benefit was that students could take more classes if graduation requirements were not met.

Although at first many students were unhappy, others found the advantages in having a seven period. They saw that there was more room for more learning experiences. - By Molly Bushey



Visiting Mrs. Carolyn Baker's office, Jennifer Thrall makes her schedule for next year. The addition of a 7th period gave the opportunity for seniors to take a study hall.

Sal Colangeo



"I enjoy athletics because they keep me out of trouble. It gives me something to strive for - to be the best I can be. My success is mainly due to my father." - *Most Athletic*

Nikki Arnold



"I enjoy the competition involved in playing sports. Athletics allow me to strive to be my best; everytime I play, I do my best to become a better athlete." - *Most Athletic*

Taking Charge

"She was Freshman and Sophmore class Vice-President, Junior and Senior class President. She was also... " and the announcer's voice continued on with the many achievements this mystery girl had earned as Kristen Cain sat with her head in her lap unable to believe it was her he was talking about, until he finally said, "She is Prince William's National Youth Leader of the Year, Miss Kristen Cain of Potomac High School!"

Beginning in January, guidance counselors nominated juniors elegible for the National Youth Leadership Council Scholarship. Students had to maintain a "B" average and hold an elected office within the past two years. The nominees - Kristen Cain, Stacie Clemmons, Colin Kalbfleisch, Amanda Kelley, Chris Landrum, Sabrina Leckner, Christi McGee, Karen Secord, and Andrea Silcox - completed applications that listed school activities, leadership qualities and other vital information. After a photo session with Bethem Studios, a display was set up at local malls. "The whole idea of the displays was to show the public that there are still good kids out there doing something meaningful. Sort of a reversal of the public's idea that most kids today are messed up deliquents, because we're not," said Andrea Silcox.

Each nominee had to write an essay entitled, "My Greatest Contribution During My High School Years." Writing about the different aspects of a leader showed the part nominees played in other's lives, helping to create extremely personal essays for the judges who read them.

September finally rolled around and it was time for the awards ceremony. Chris Landrum said, "Everyone was a winner, whether or not he went home with the award. Just the ecstatic look on Kristen's face when she won made it all worth it." Along with the award, Kristen also received a $500 scholarship and a trip to St. Louis for a three day leadership conference where she competed for the National title.

"The conference was special because even though we had all just met each other, it was really hard to say goodbye because it seemed like we had known each other for years. It opened my eyes to different perspectives," said Kristen.

"Being at the head of, guiding the way and directing the preformance of..." was what the Merrian-Webster Dictionary called a leader. "It's someone who's willing to take charge and get thing changed for the good of humanity," said Colin Kalbfeisch. "And it's not just one person in one place. There are leaders everywhere," added Kristen Cain. - By Stefanie Hipple



Posing for local newspapers, Kristin Cain stands with Mrs. Maureen Cadigan and Mrs. Ann Lockett. Potomac hosted the awards ceremony for the leadership conference, known as "Town Meeting on Tomorrow."





Molly Vaughn
Wardrick Veal Ftbl 9,11,12
Rosarito Vega
Lori Wagner Chrldng 9-12, Tn Cnlsng 12, Jr Civ 12, Key Cl 12, Fr Cl 9, PSS 11,12, SCA 10,12
Wendy Wahala Choir 9,10, Pnthrts 10-12, Officer 12, Tn Cnslng 11,12, Jr Civ 10-12, Fr Cl 9-12, PSS 11,12, Crew 10-12
Treandus Walker

Dan Walker
Jennifer Walters Orch 9-12
Stephanie Walz
Alden-John Wangner Sp Cl 9,10, NHS 11,12, Sccr 9,10, SADD 12
Martin Warner
Tom Warren PHS Class 11, Jr Civ 10-12, Latin Cl 11, PSS 11,12, Soccer 9, Blk His 11,12, VICA 12

Cyndi Weamer Sym Band 9-12, Mar Band 9-12, Jazz Band 10, Tn Cnlsng 11,12, Jr Civ 9, Bsktbl 9, Soccer 9-11, SADD 11,12
Kevin Webb
Tracy Webb
Matthew Webber Latin Cl 10-12
Christopher Weller Tn Cnlsng 11,12, Jr Civ 10,12, SNHS 10, NHS 11,12, Class Treas 11,12, Bsktbl 9,10, Bsbl 9-12, SADD 10
Vanessa Westoff Chrldng 9-12, Co-capt 12, Tn Cnslng 11,12, Jr Civ 9-12, Key Cl 9,10,12, Fr Cl 9-12, PSS 11,12

Christina Wheatley Sym Band 10-12, Con Band 9, Mar Band 12, Tn Cnslng 11,12, NHS 11,12, Ind Trk, Crs Cntry 9, Track 10-12, Vlybl 9, SADD 12
Michael Whitten
Cheryle Williams Lit Mag 9,10, Yrbk 9, Band 9, Mar Band 9, Ger Cl 10-12, DECA 12, PSS 11,12, Class Treas-Sec 9, Leo Cl 10,12, SADD 10
John Williams Key Cl 9, PSS 12, Ftbl 11,12, Crew 10-12, Math Cl 9
Melinda Williams PHS Class 10,11, Jr Civ 9, Sp Cl 10, DECA 12
Pearline Williams PepCl 10, Track 11, FHA 11

James Wilson
Amy Wirick
Ronald Wolfe
Lisa Wood PHS Class 11, NHS 11, PSS 12, SADD 12
Anthony Wools Latin Cl 10,11, PSS 12, Bsktbl 9-12, Bsbl 9-12
Jayson Writt DECA 10, Ind Trk 10, Crew 9,10,12, Soccer 9,10

Carrie Yacono Jr Civ 9-12, Fr Cl 9, DECA 11, PSS 12, Ind Trk 10, Soccer 9-12

Jason Acuesta
Steve Agatone
Nadeem Ahmed
Katherine Allen
Tony Allison

Robert Alton
Pablo Alvarado
Floyd Alvarez
Avenill Anderson
Darcee Anderson
Robert Anderson

Jessica Aquino
Robert Arrington
Paris Artis
Christi Athas
Joseph Bailey
Brian Baker

Keith Baker
Jason Barnett
Lawrence Barr
Tim Barry
Maria Basile
Samuel Bateman

Antron Bates
Denise Beaner
Thomas Becker
Sean Bentley
Malkeet Berryman
Aaron Blake



GETTING EXPERIENCE

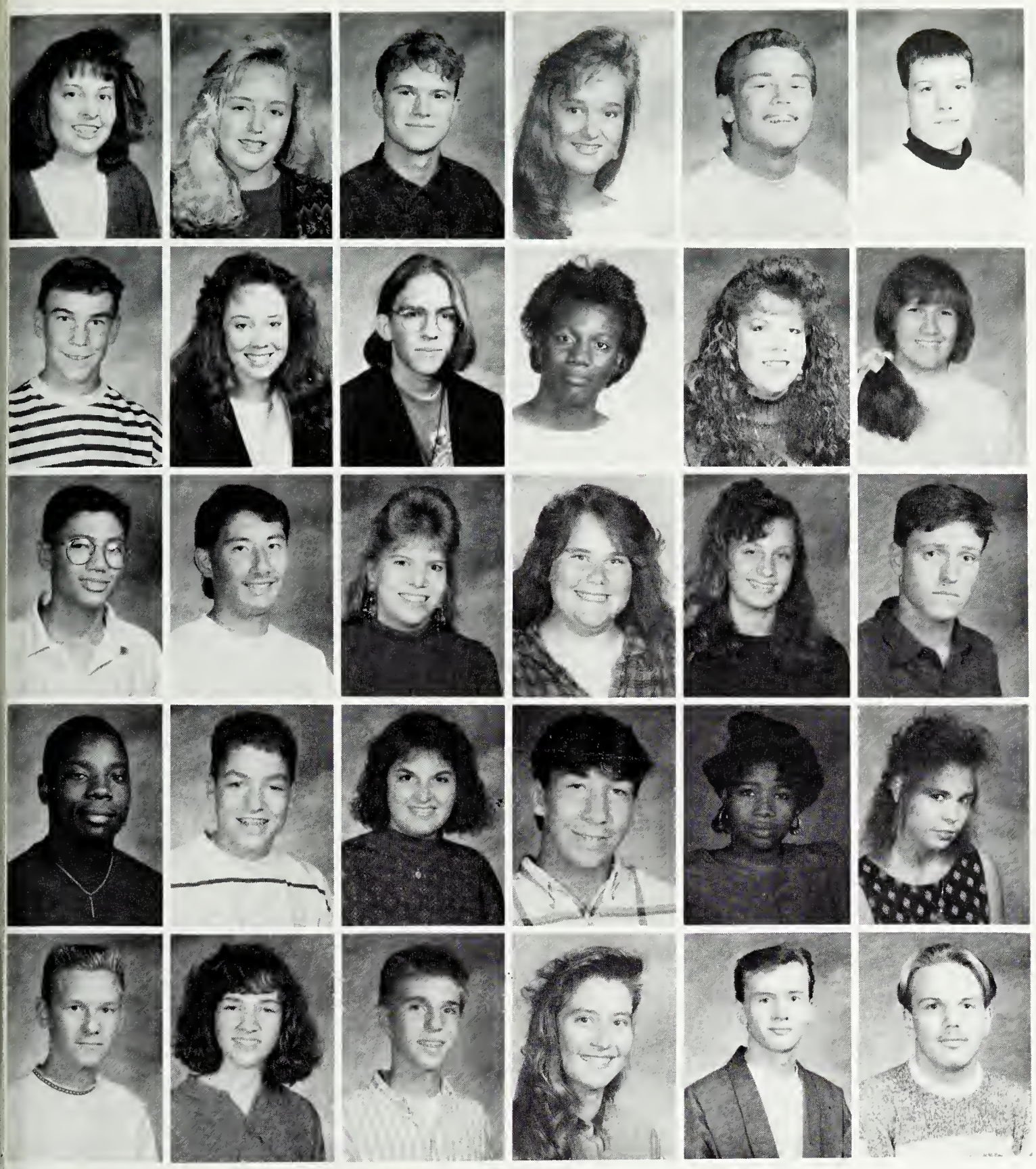
"The Junior Class, as a whole, has progressed over the past three years in our class spirit, participation, and most of all, our unity," observed Guadie Montesa.

Juniors had a pretty good view of what working together meant as they worked throughout the year to carry out traditional junior activities. They held fundraisers like car washes, candy sales, and bake sales to raise money, not only for their homecoming hall, float and regular expenses, but also for the Junior - Senior Prom.

The class officers started planning these events as soon as they were elected in the spring, as Prom reservations had to be made by April to get the desired date. Amy Charleston, President; Hyun Joo Lee, Vice President; Guadie Montesa, Secretary; Kelley Frye, Treasurer, had a tough job with the logistics and decorating, but pulled everything off with great success.

Although they won third place during Homecoming Week, the class spirit was high. "We did our best and that's what counts," said Amy Charleston. More students came out to support the festivities of Homecoming than ever before by helping to build the float and to make decorations for the dance.

Cooperation was the key to success for all the activities the Junior Class was involved in. The officers held together the class and they ended the year well prepared to be seniors. - By Angie Stanley



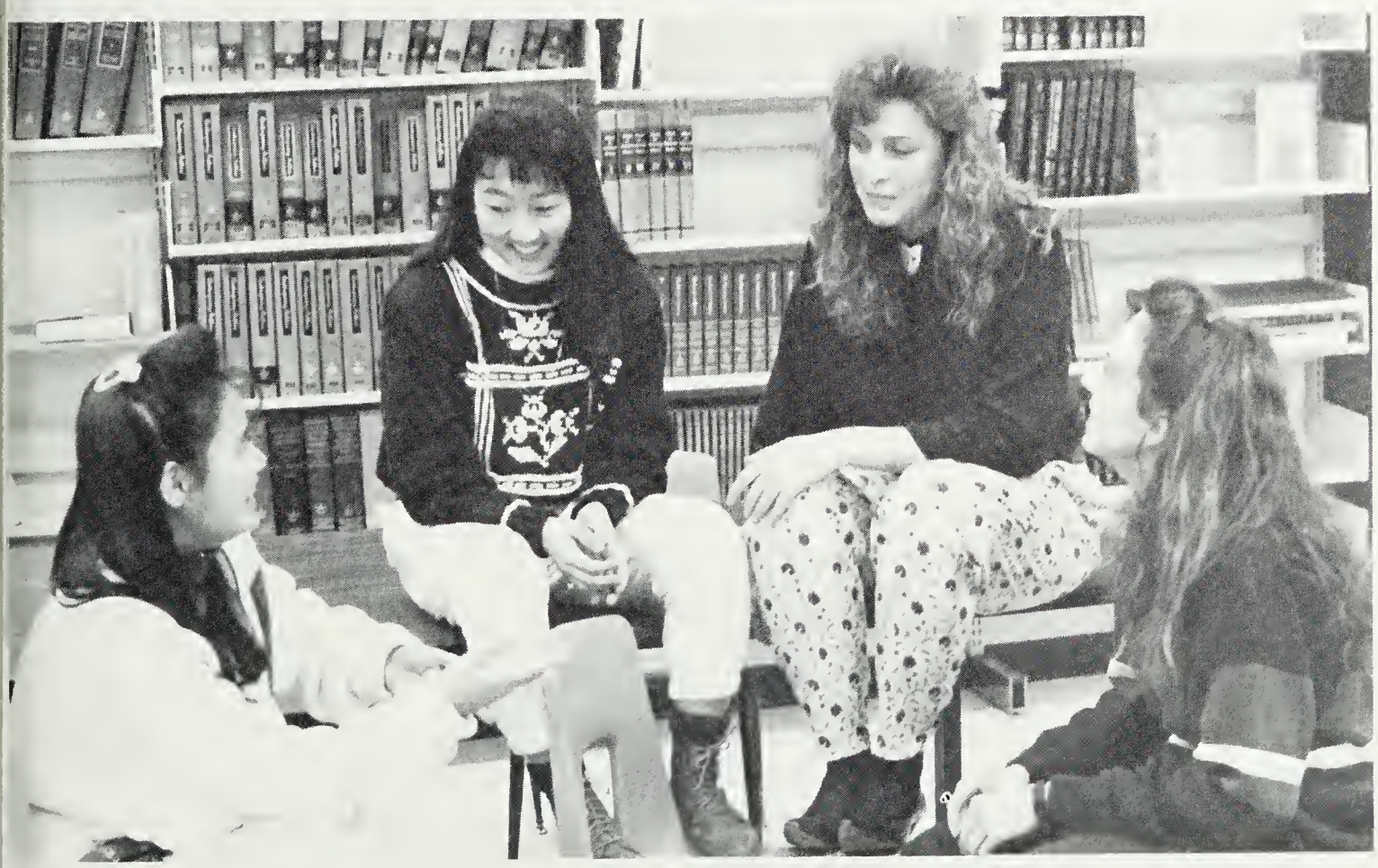
Laina Bishop
Kristy Blair
Wayne Blanks
Catherine Blanton
Steve Bloomer
Victor Bohn

Stephen Bourne
Amber Bowers
David Boyle
Cheryl Branch
April Brennan
Susannah Bridges

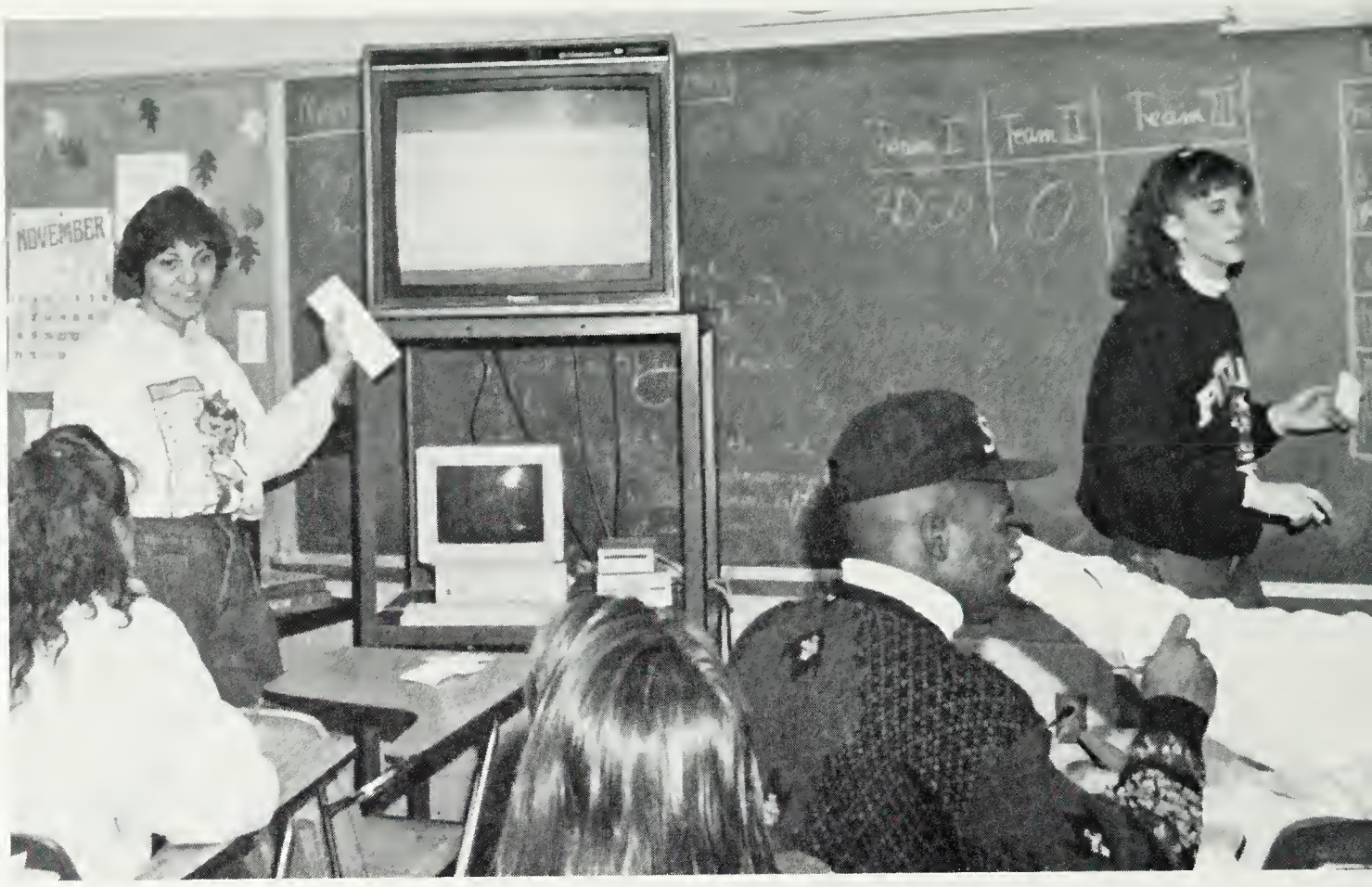
James Brigham
Frank Brodie
Allison Brooks
Tammy Boomall
Jennifer Brown
Micah Brown

Tawrence Brown
Matthew Brunner
Cindy Buckley
William Burgess
Maria Burke
Michelle Byrd

John Cain
Heather Caplinger
Philip Caramanica
Nicole Carlson
Cecil Carroll
Steve Carson



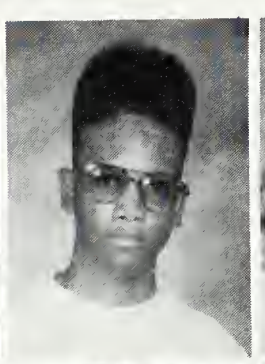
Discussing a future fundraiser, Junior Class officers, Guadie Montesa, Hyun Joo Lee, Kelly Frye and Amy Charleston, try to figure out how to involve their class members. The money they raised went towards the Prom.



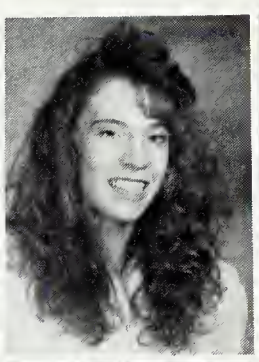
In the fifth period SAT-prep class, Melissa Dowell explains a problem involving several answers while Mrs. Charlotte Kulbacki prepares a graph with the computer. The class spent aproximately nine weeks with English and nine weeks with Math.



Tera Carter



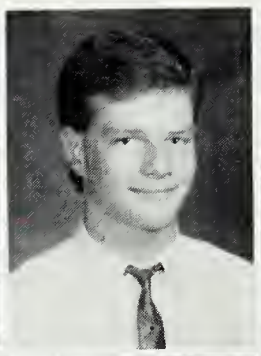
Christopher Chapman



Amy Charleston



Sharon Clark



Thomas Clary



Sheri Closson



Emily Clove



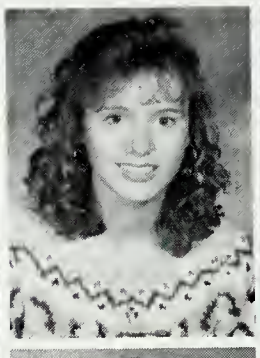
Geneva Cockerham



Valerie Coffey



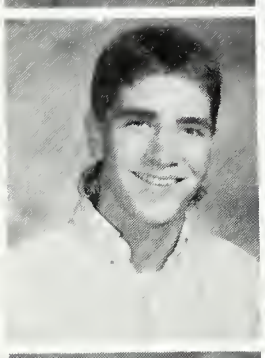
Victoria Coffey



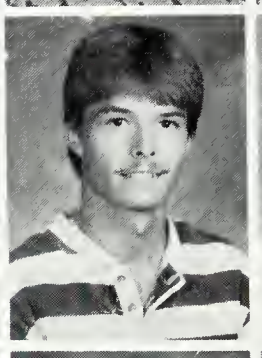
Sheila Collins



Debbie Connelly



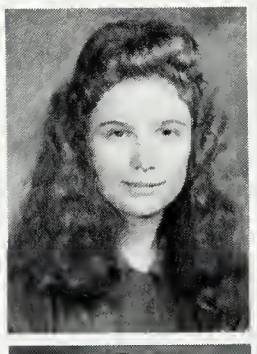
David Cook



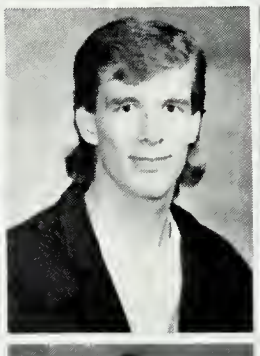
Brian Coolbough



John Cooper



Kimberly Copenhaver



Ty Cornell



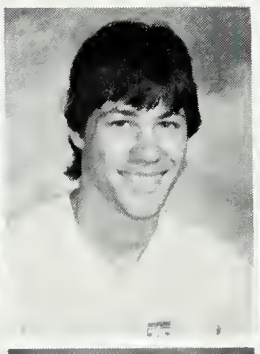
Teresa Costa



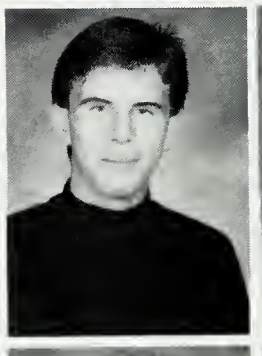
Theresa Costello



Nicole Crowley



Jeffrey Cucchiara



Chris Cunningham



Chrissy Davis



Lesley Davis



Sharaine Davis



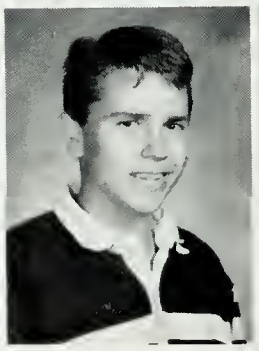
Scott Dayton



Crystal Decatur



Angie Dent



Geoffrey Depersia



Neil Desmond

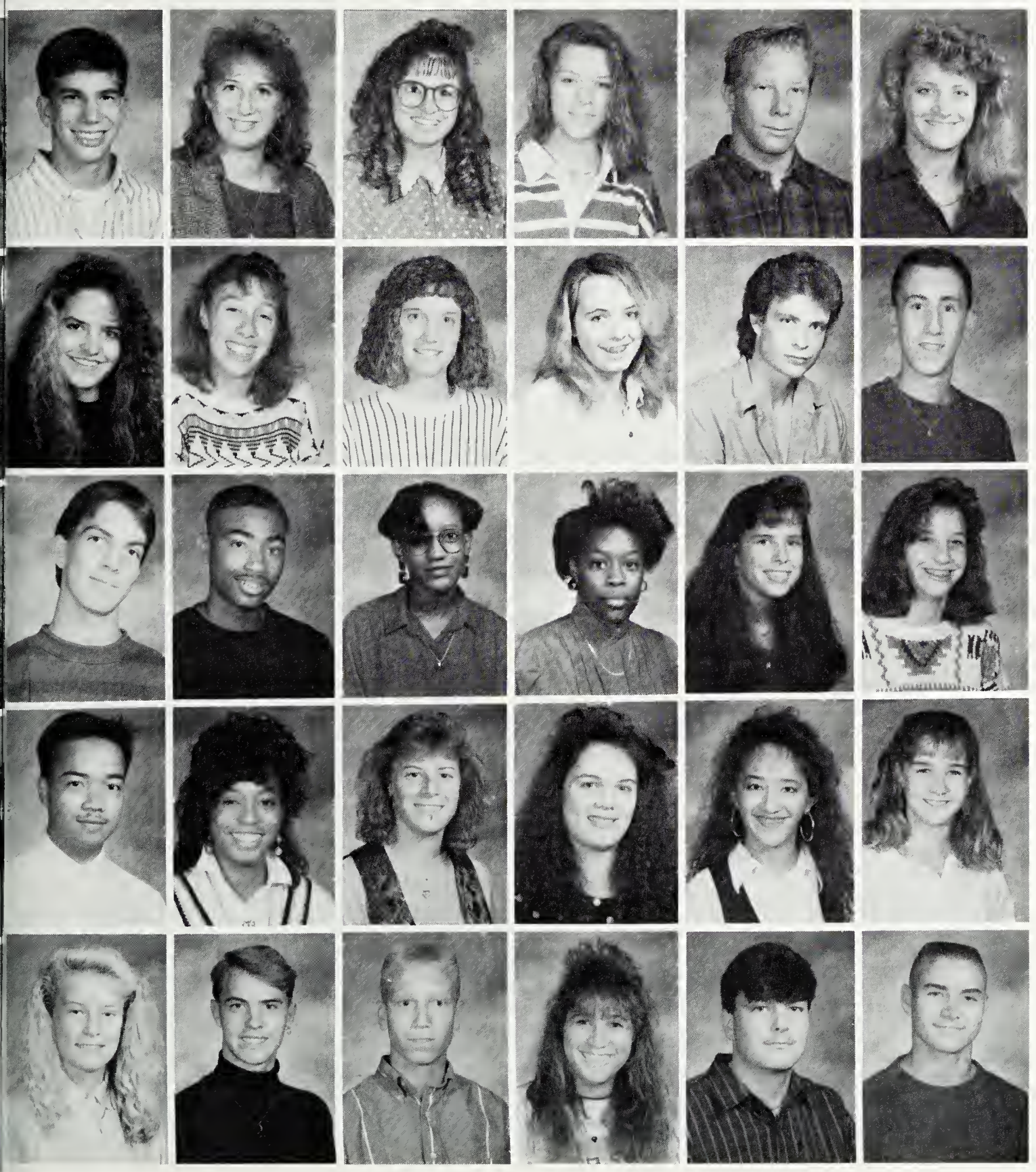
GETTING THAT HIGH

Aaahhh. Sighs of relief were heard after students finished the SAT's in late spring, but what should have been heard were screams of excitement. For the first time in seven years, Potomac came out on top with the highest SAT scores in the county. "We were very excited and pleased that we were able to come up ten points from last year," said Mrs. Ann Lockett.

Potomac was the only school in the county that established a new semester-long course to improve scores. Split into verbal and math sections, each teacher set goals, including analogies, vocabulary, sentence structure, and mathematical computations. Chrissy Davis commented, "I think the class helped me to be prepared for any kind of test, whether the SAT's or regular tests."

Everyone realized that SAT's determined the future of the testee by determining what colleges he could get into. The bad news, however, was that Princeton, the makers - and graders - of the SAT's were in the process of changing them to make them culturally unbiased. Whether they would become harder or easier, only future test takers would know. However, Duncan Shea said, "Even though SAT's are different, the answers are all the same - just a bunch of dots. The tests have no significance to my life."

It was an honor to be recognized as having the highest scores out of the six county high schools. The most difficult task was staying number one. - By Angie Stanley



Alan Dever
Gina Devito
Michelle Dewald
Kimberly Diede
Patrick Dillinger
Laurel Donovan

Erin Dorigatti
Kelly Dovel
Melissa Dowell
Caron Duarte
Brian Dudley
Devlon Duree

Michael Durst
Peter Ellis
Tamika Ellis
Tracy Elmore
Nicole Embrey
Krystal Emmert

Rommel Esguerra
Gail Faison
Leigh Ann Farris
Rebecca Farris
Adina Fazelyor
Lori Fearing

Stephanie Fennig
Tom Ferguson
Brian Filzgerald
Sharon Filzgerald
Brady Fleming
Eric Ford

"ORGNALTY" - IT ADDS PERSONALITY

Ever been behind a car with license plates that said something like, "1BAD4DR?" You tried to figure out the mysterious message only to decipher it several hours later.

This might have happened while driving to school. Personalized plates were a popular way for teachers and students to puzzle the minds of motorists and express personality.

Patrick Dillinger said, "When I got my Volkswagon Bug, I wanted something original. To give it that extra touch of style, I decided on "BUGIN92" for my tags."

Others wanted to express ownership with their names. Christina Stone's plate said, "CRSTNUH," and Shannon Bateman had "SBATMAN" on her tags. Jack Williams had the same idea with "Jack 91."

Teachers even got in on the craze for personalized plates. Ms. Diane Fontana paid for "PULCHRA," latin for beautiful, to be on her plates. Mr. Frank Higgins showed his spirit by getting "POTOMC" on his tags.

Personalized tags created a feeling of ownership. Students and teachers paid extra money to get their plates personalized. Was it worth it? As Mr. Mark Kozlowski, whose tags say "KOZ" said, "Yes it was worth it. Since I collect things, it sort of added to my collection."

No matter what people put on plates, originality was the most important consideration. (In case you haven't figured it out, "1BAD4DR" is "One bad four-door" on Eric Smith's car.) - By Karen Oswalt

Lisa Forsythe
Steve Fowler
Mark Fox
Christopher Fridley
Kelly Frye
Brook Gajan



Marcela Gallo
Erwin Garcia
Henry Garrido
Vicki Garrison
Shannon Gesling
Robert Ghisolfi

Alex Gibson
Rebecca Gilette
Justin Goodman
Glenn Graham
David Grant
Christy Greene

Nichole Greene
Elizabeth Gregory
John Gregory
Magen Griffin
Christie Griffith
Robert Grubbs

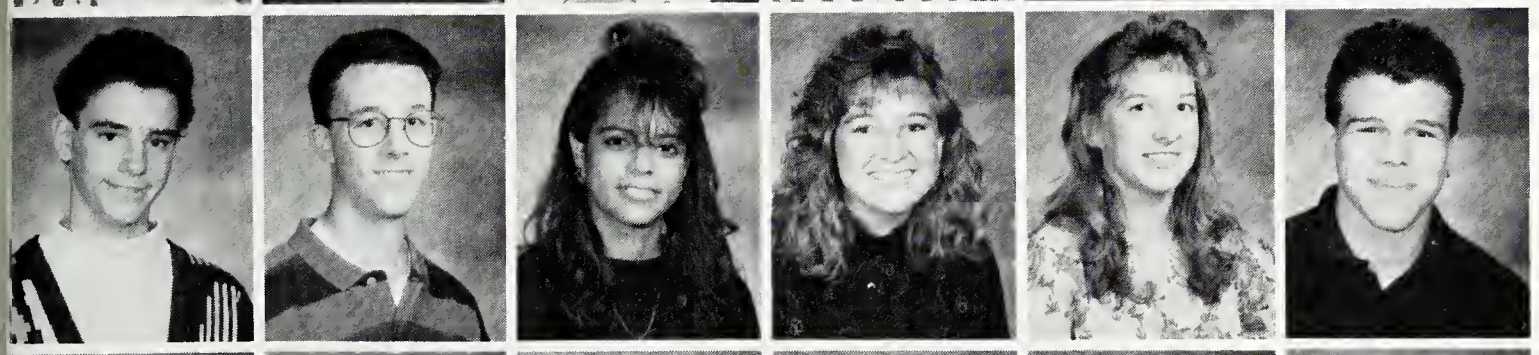
John Grubenmann
Chad Guillory
Tiffany Hackett
Stephanie Haenel
Barbara Hall
Tammy Hamilton



Sitting atop Jeff Overand's car with personalized plates claiming his favorite hockey team, Ralph Ragosta and Jeff discuss the day's happenings. Jeff chose his plates related to his hobbies, rather than his name.



Christina Hamlin
Don Harlow
James Harris
Robert Hartwell
Misti Hawes
Nickyah Hazly



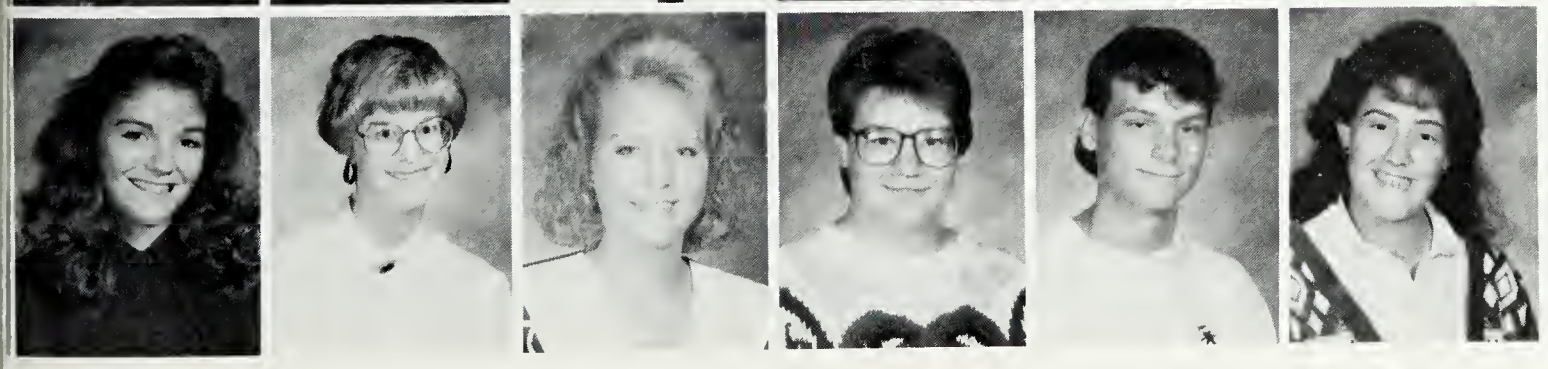
Scott Hecker
David Heinzmann
Maria Hernandez
Jennifer Hetrick
Karen Hieber
Mark Hijar



Warren Hills
Tori Hillyer
Vansant Hindle
Nikki Holmes
Lara Holt
Jungpyo Hong



Sun Hong
Alvin Honore
Lindsay Horne
Katie Horowitz
Donald Howard
Tarsha Howard



Angie Hoyt
Melissa Hudak
Cyndl Hudson
Jeni Humphrey
Paul Hurlocker
Dawn Hynes

Andy Iverson
Meagan Jacoby
Lori Jankiewicz
Matt Jarman
Marit Jensen
Devonne Johnson

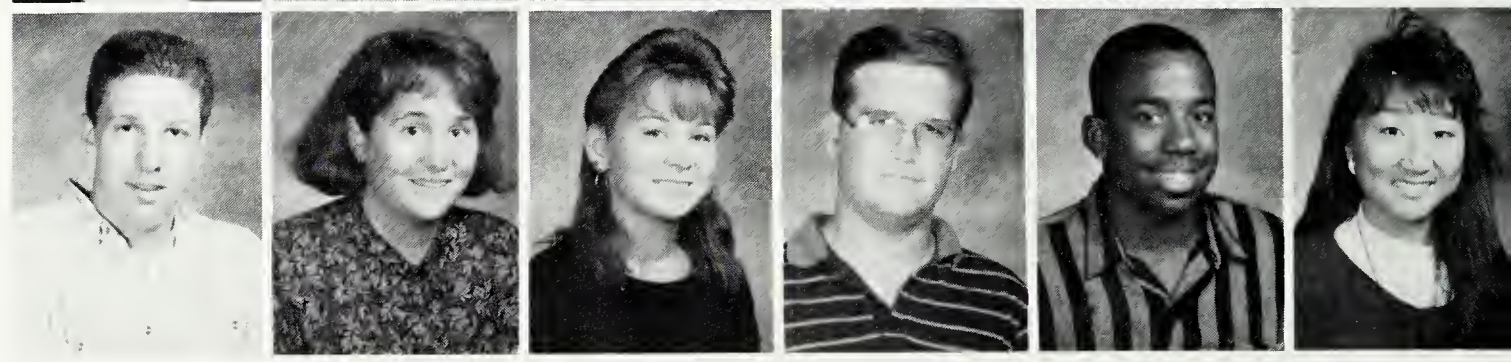
Pilar Johnson
Faye Johnson
Jennifer Johnson
Tim Johnson
Jennifer Jones
Kristin Jones

Kwanza Jones
Nathanial Juggins
Yoshida Kazumasa
Jennifer Kellogg
Jacob Kennedy
Wilson Kennedy

Christy Kersetetter
Michelle Kinder
Don Kitchen
Michele Kornicker
Cleary Krapfl
Scott Lankford



Mike Laskofski
Sarah Lawson
Elizabeth Leach
Steven Ledlow
Eric Lee
Hyun Joo Lee



CAREERS FOR SALE

1959 T-BIRD. CONVERTIBLE. Beautifully restored, red with white top, standard shift, $35,000. For sale by owner. Call (508) 699-4426

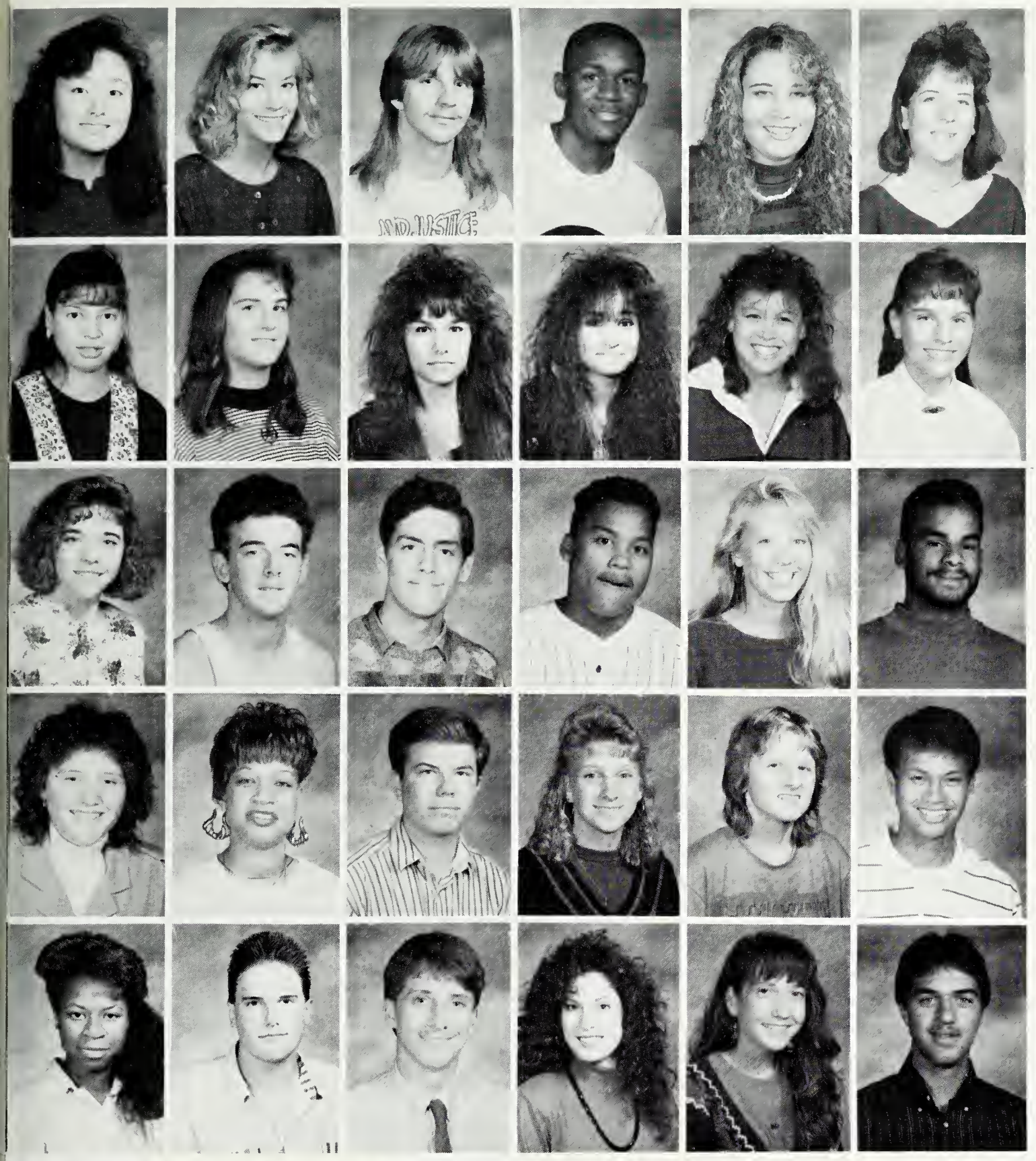
"The military is similiar to the ads for cars in the paper. There are so many to choose from, each with different features and excellent buys. But the military isn't selling cars, it's selling careers," commented Marine Recruiter, Staff Sgt. Nicholson, during the Military Workshop held for interested juniors and seniors.

"The purpose of the workshop was to introduce students to the various branches of the armed services and encourage them to look into the various scholarship and aid programs for college," said Dr. Courtney Jones, who organized the workshop.

Students listened to recruiters who encouraged the military as one the the best answers to the problems faced after graduation. After the presentations, students visited tables to pick up brochures, ask questions, and set up appointments with recuiters to receive more information.

"I learned more about what the Army National Guard might have to offer for my future," said Jason Quincy, "There's more to the program than the slogan 'Be All You Can Be'."

Vroom. Vroom. As your dream car pulls up into the driveway of your imagination, a smile of satisfaction spreads across your face. With the option of enlisting in the military in front of you, you just might have the career and the car you've always desired. - By Abigail Bridges



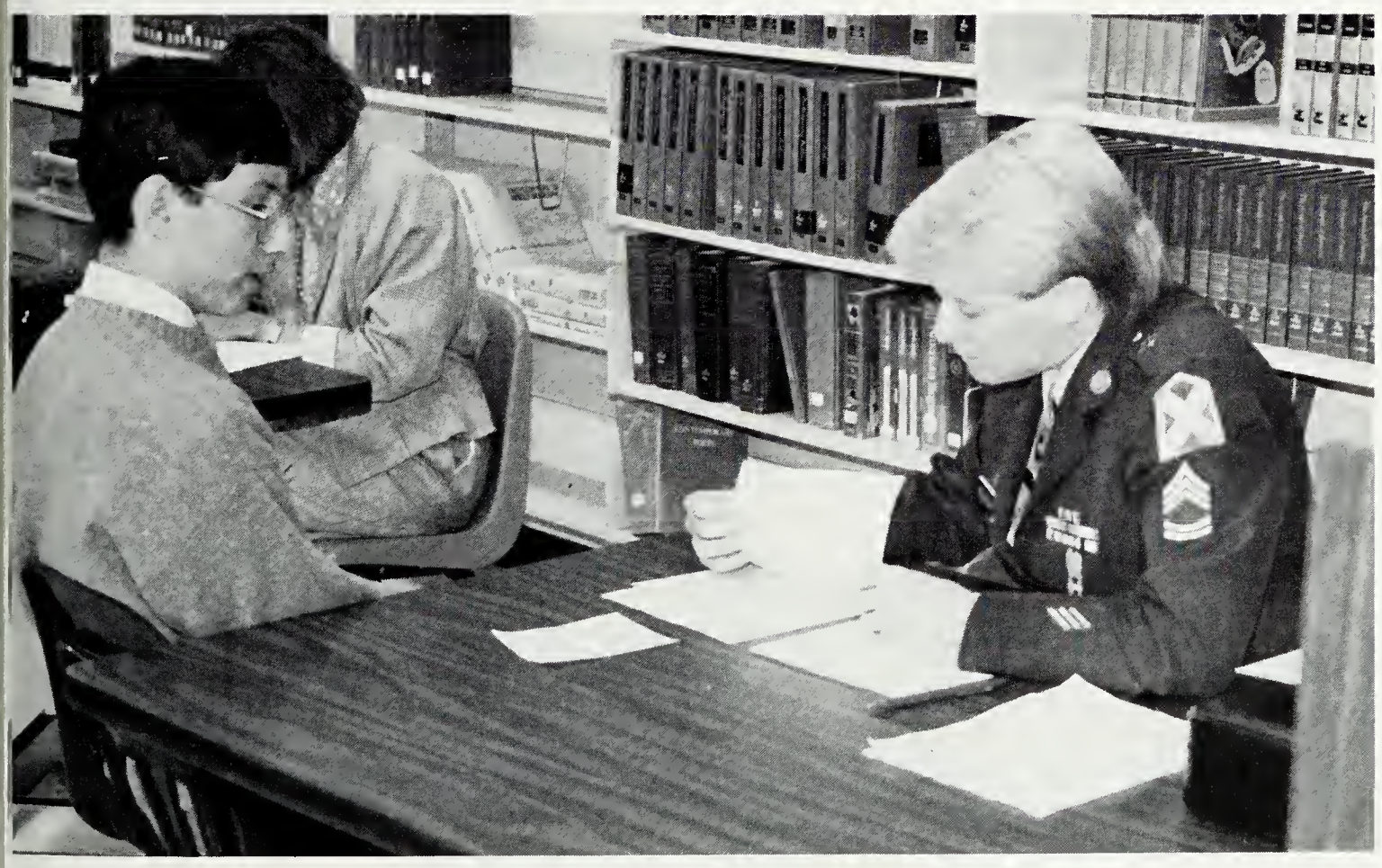
Sun Lee
Lisa Lehard
Richard Letourneau
Kevin Lewis
Tangela Likens
Tricia Little

Michelle Llewellyn
Kristen Lott
Georgia Maltezos
Marina Maltezos
Heather Mandle
Jenny Marek

Jennifer Markiewicz
Thomas Marshall
James Marvin
Charles Mason
Kimberly Massie
Alexander Matos

Emily McCall
Latiece McCamey
Shawn McCullough
Anna McDonald
Cathy McGettigan
Robert McGovern

Stephanie McIntosh
Eddie McMullen
Robert Meares
Jennifer Meininger
Amy Mezny
Mike Milligan



Filling out information for an Army recuiter, Chris Pierce learns more about a career in the Armed Forces. The recuiters often followed up on perspective joiners with telephone calls and letters.

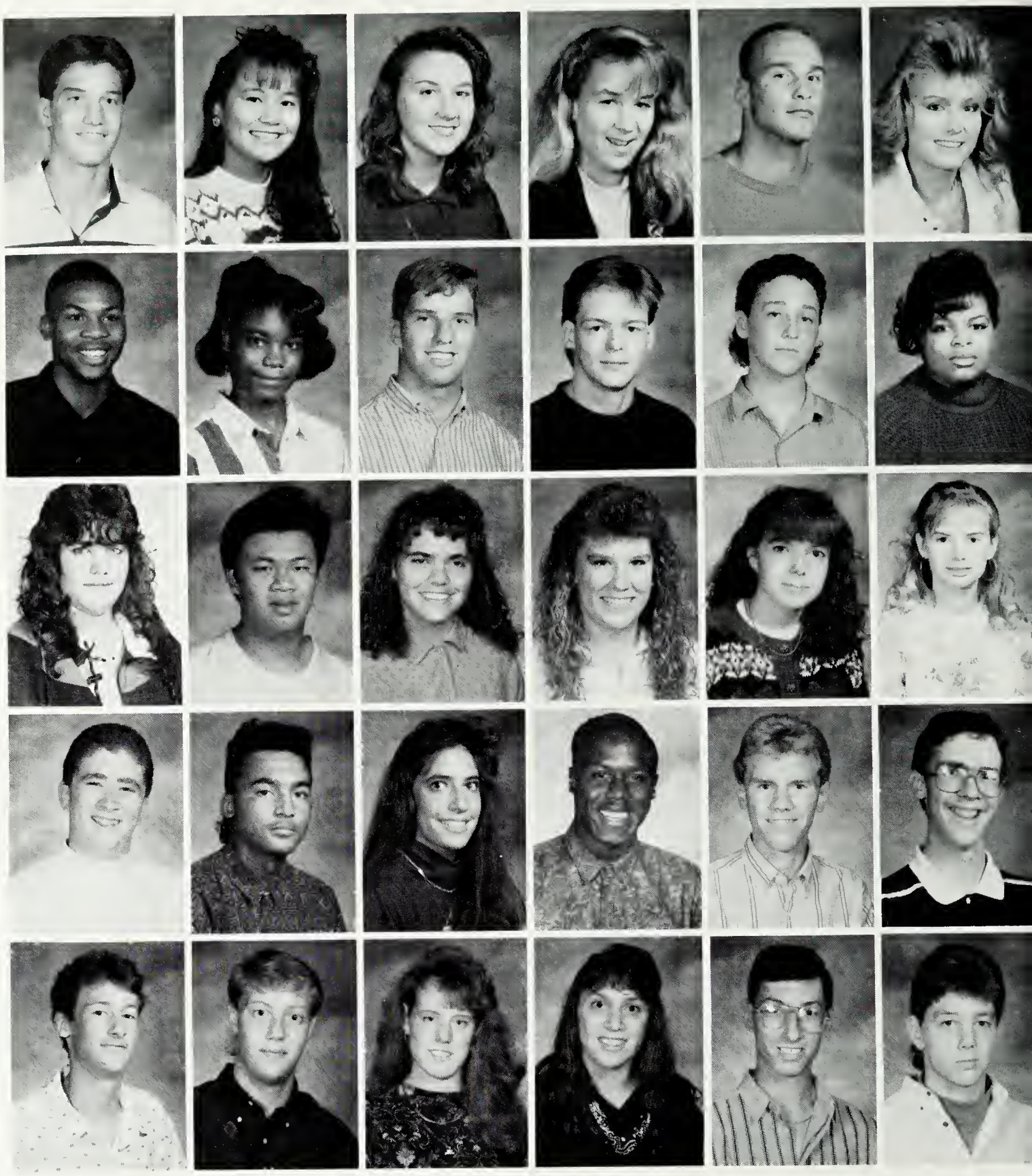
Robert Misenko
Guadi Montesa
Jennifer Moore
Candice Morgan
Matt Yohey
Chirese Murphy

James Myles
Serita Neal
Mike Neary
Jonathan Nelson
Daniel Newman
Harriette Newson

Donna Nickley
Siriroat Nihgcharden
Katie O'Conner
Tracy Osbourne
Karen Oswalt
Jackie Overton

Erol Oztuna
Jason Park
Tara Patsch
Tommy Peterson
Chris Payant
Marc Payne

Chris Pelligrino
John Pennington
Eileen Perry
Amy Phillips
Christopher Pierce
Michael Plaugher



FROM DESKS TO DOLLARS

The clock ticked away and time was running out. Finshed. The final question to that seventh period test was over. Class was over. Now, off to work.

Even with school, homework, and extracurricular activities to worry about, students found time to fit in a job. Fast food restaurants and local sales stores were good places to find students gaining experience. Taking a job could mean staying up late to finish homework and eating alone, but the benefits out-weighed the losses. A job provided a way to learn about responsibility, taxes and the priviledge of having money.

Once the money was earned, those precious green bills somehow found their way into someone else's pocket. "I take about one-fourth of every paycheck to save for a car," stated Sheri Fountain. Some students also saved money for college.

Those who didn't save their money found plenty of places to spend it.

"My money always seems to be gone before I get it - on car insurance, gas, and, well, just hanging out with friends," said Steve Graham. Malls, restaurants, and other forms of entertainment were packed with teens every weekend.

No matter how much homework students had, if they needed or wanted extra money they went out and found a job. Then they took the money and saved it or did one of the most wonderful things in life-spent it. - By Molly Bushey



Amy Porter
William Potter
Stephanie Powell
Kara Proctor
Ben Owen
Shayvonne Queen

Carol Rallis
Catherine Ramsey
Scott Ramsey
Ricky Randall
Christy Rankine
Billy Rea

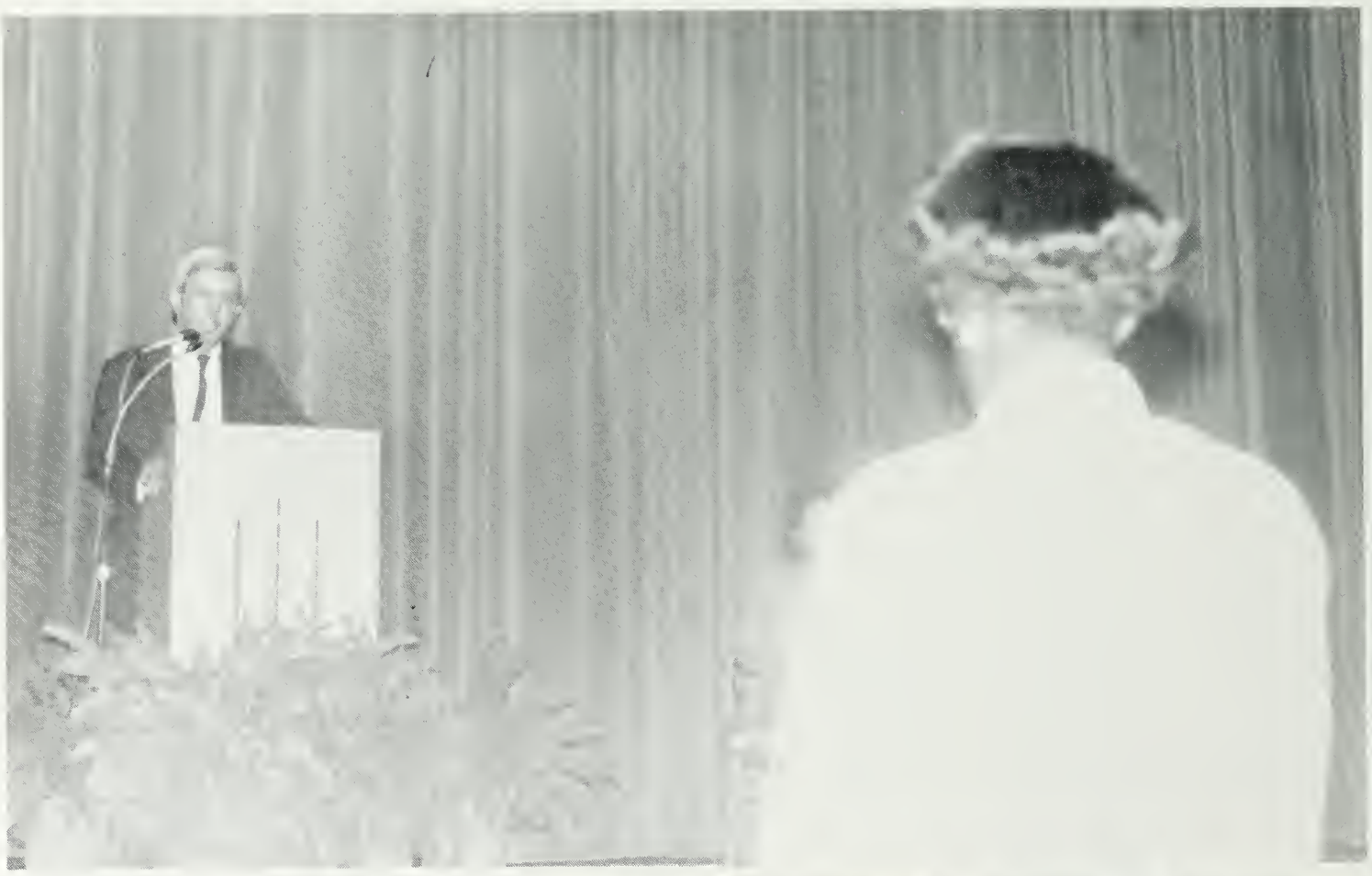
Natosha Rector
Candice Redder
Louise Reeslev
Jason Reeves
Bradley Revis
Jennifer Rielly

Liam Riley
Sandra Rodriguez
Brenda Roessing
Tara Rohren
Asta Roques
David Ross

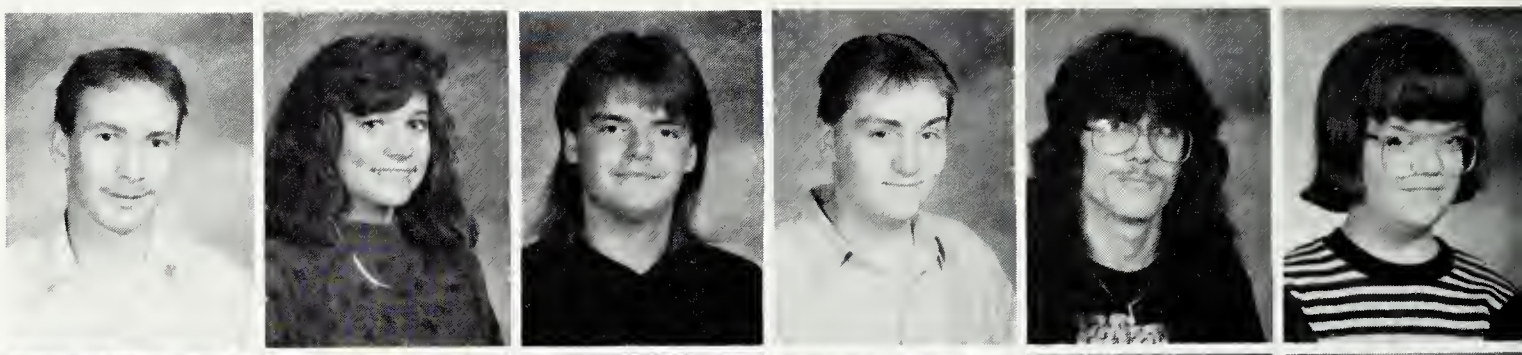
Mike Roundtree
Eddie Rubi
Katherine Rucker
Gary Runion
Jennifer Russell
Crystal Ruth



Typing in information from a check-out card, Wendy Deabenderfer checks out a video for a customer at Forbes. Part-time jobs were always available as new stores opened nearly every day.



At the lecture given in the afternoon, a Gar-Field student poses a question to Mr. Bob Levey dealing with current issues and the press's duty to report them. Students from around the county joined Potomac students for the lecture. Later, Potomac students traveled to other schools to hear different lecturers.



Jeremy Saal
Kristie Saliski
Martin Sanders
Neville Sanford
Mike Savage
Donna Savage



Brad Sawler
Tony Scisciani
Chris Scuderi
Jennifer Shanab
Tony Shifflett
Sean Shingler

Darlene Simmons
Catherine Simonelli
Eric Sivers
Chris Small
Becky Smith
Eric Smith

Laurie Smith
Corey Snyder
Kelly Sonnenberg
Caydra Speed
Christopher Sponbeck
Travis Sprague

Jim St.Jean
Angie Stanley
Brian Stevens
Chris Stewart
Heather Strausbaugh
Prakash Subedi

ROLES IN THE COMMUNITY

"Man Jumps 10,000 Ft, Bounces, and Lives"

"Alien Found Skiing Atop Mt. Everest!"

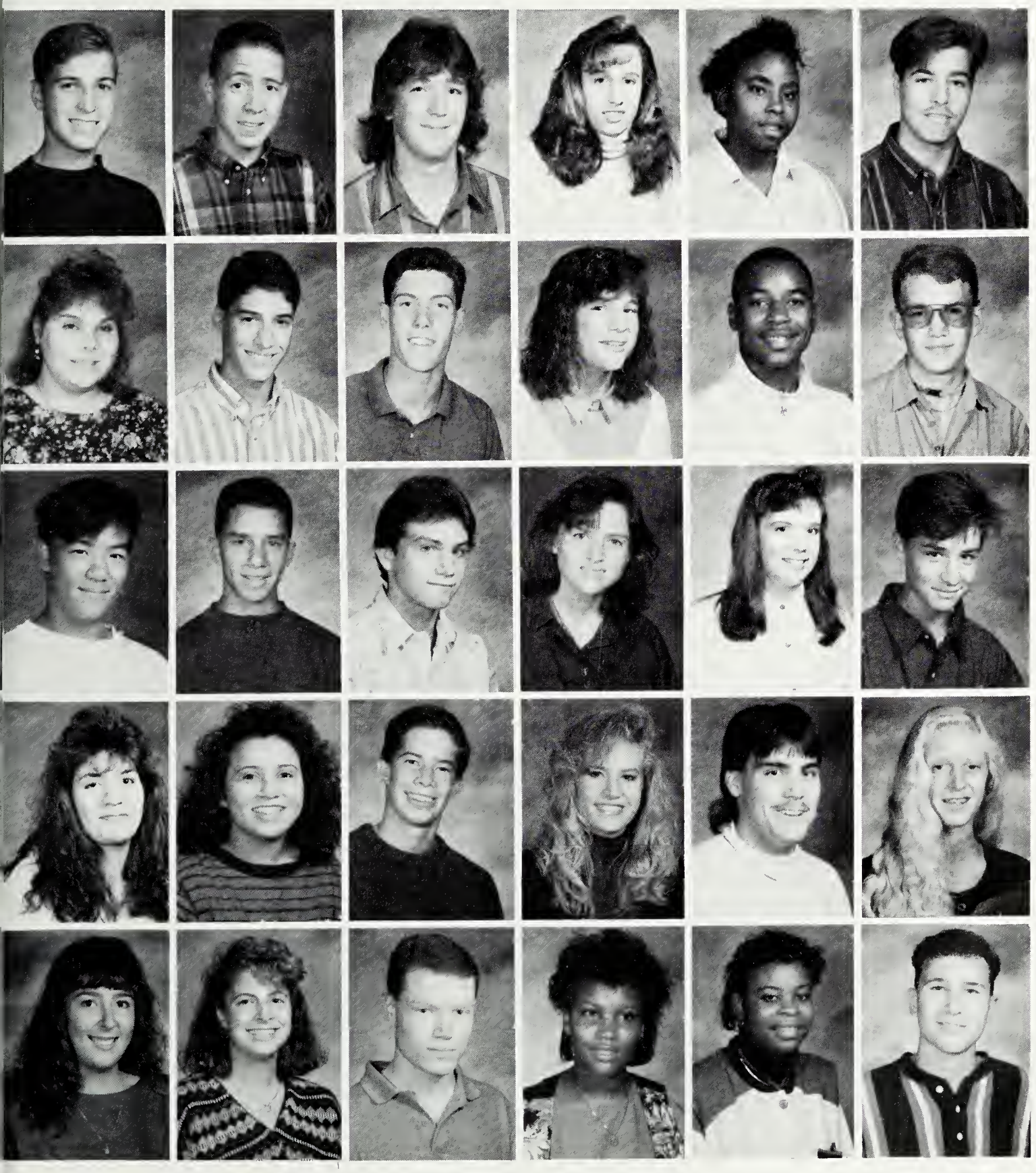
"Woman Wrestler Gives Birth to 50 LB Baby in Ring!"

Each time anybody stood at a 7-11 counter or waited in a Safeway aisle, he was bombarded from all directions by tabloid headlines. But how often did these headlines play a crucial factor in a student's writing?

As part of a new lecture series initiated by Dr. Edward Kelly and local businesses, students from area high schools were instructed in Potomac's auditorium on the "roles, responsibilities, and rewards" of a reporter. According to Dr. Kelley, the main purpose of the program was "to broaden a student's perspective of journalism from listening to noted key community leaders concerning issues they faced every day." The speaker of the program was *Washington Post* colunmist, Mr. Bob Levey.

"The first responsibility of any reporter is fairness and accuracy. Your writing can have the power to move mountains or crumble individuals," commented Mr. Levey. Students were challenged to develop their writing power through practice and trial and error.

A questioning period followed his lecture, focused on issues from the Gary Hart scandal to the coverage of the Marion Barry trial to the jounalistic tactics of school and personal publications. "I look forward to applying Mr. Levey's advice in my own writing," commented Robert Ghisolfi. - By Abigail Bridges



Brendan Sullivan
Patrick Sullivan
Robert Swithenbank
Melissa Tallent
Kimberly Taylor
Steve Taylor

Tina Tew
William Theroux
Michael Thompson
Jennifer Thrall
Reginald Tolliver
Matthew Tolman

Gary Tong
Joseph Triano
Mike Turk
Christina Turner
Kirsten VanGundy
Kyle VanHoutan

Angela Vargas
Iris Vargas
Jason Vaughn
Amanda Virtue
Jeremy Vredenburg
Melinda Wahala

Amy Waldhauser
Megan Walker
James Wallace
Karen Wallace
Jennifer Washington
William Webb

FROM ENCHILADA TO LOGARITHM

2 cans Mexican style tomatoes
1 dozen corn tortillas
1/2 pint sour cream
chedder cheese

Frantically you dash from aisle to aisle throwing ingredients for enchiladas into your basket. As you dodge the screaming children and bachelors sorting double coupons, you check off the items on your shopping list, making sure everything is there. Loading the sacks into your trunk, you realize what you have forgotten. Your legs become jello and your eyes bug out. You forgot to pick up the pink receipt.

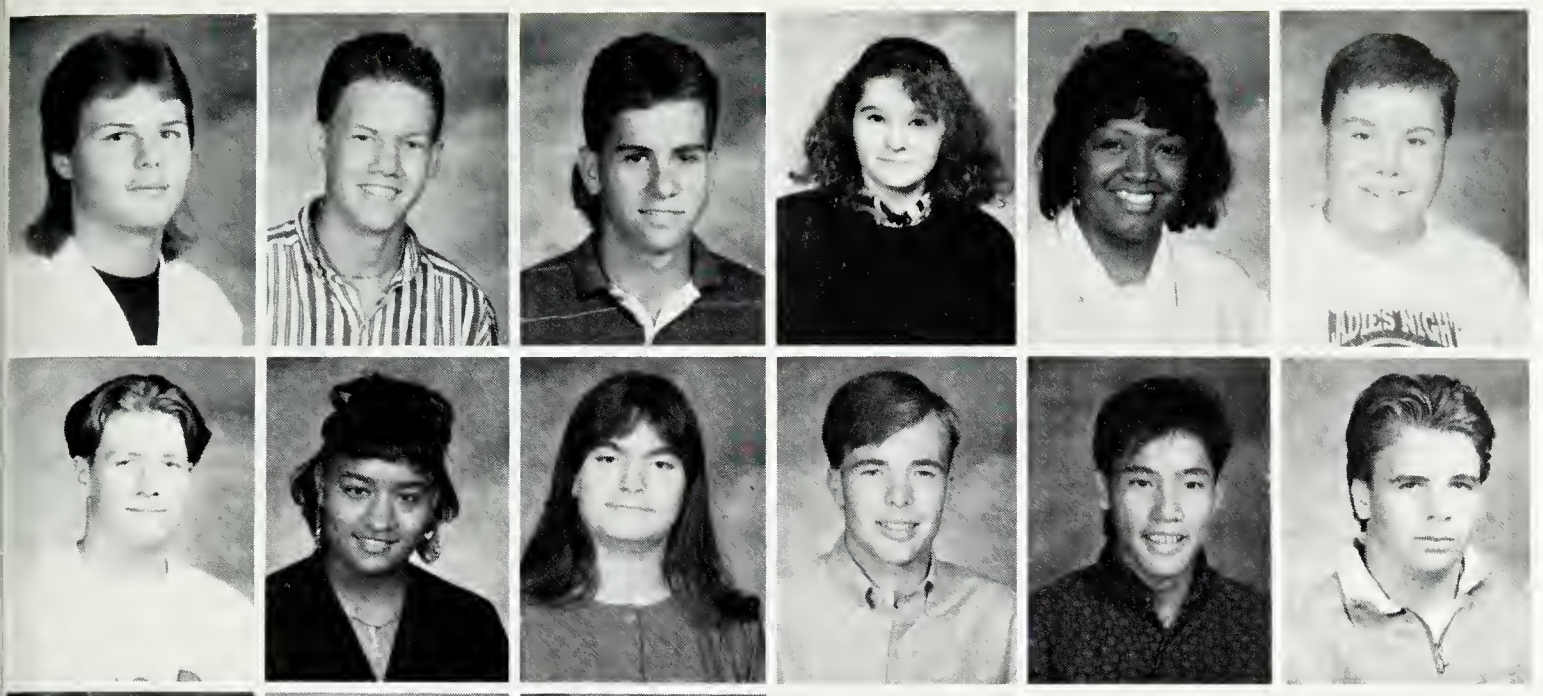
From September to April, Giant and Safeway groceries held a nation-wide contest to provide schools with IBM or Apple computer systems, printers, and software. Students, teachers, and parents were encouraged to save their receipts from the stores and turn them in to teachers or the office. "When we received the receipts we would rubber band them and redeem them for computers. Depending on the amount of money represented by the receipts, we could decide which computers to purchase," commented Mrs. Jean Gaudett, who supervised the contest and delegated the merchandise to departments according to need. "The contest represented Giant's commitment to the community. The students of today are the leaders of tomorrow, and it is crucial that they learn hands-on the things which govern our lives. The greatest way to accomplish this task was to place the computers into classrooms," commented Giant General Manager Nicholas Shuartz.

Computers were placed in various departments across the school. Six Apple computers and an Epson printer were received at the beginning of the year as a result of the past year's receipts. "Students used the computers this year to solve quadratic equations and compute logarithms," said Mrs. Joyce Roach. The Art department used its computer to experiment with software designed to create animation while the English department wrote articles, essays, and papers.

You take the napkin from your lap and and gently wipe the enchilada sauce from your lips. As you compile another shopping list in your mind, you add another item: a pink receipt. The sour cream made a difference in the enchiladas just as your pink receipt made a difference in education, learning, and future. - By Abigail Bridges



Working to get the next issue out, Jay Wallace and Melanie Corbin use the computer to plan the layout of the paper. This was just one of the many uses of a computer.



Victor Wedding
Niles Wedge
Matthew West
Lisa Whalen
April Williams
Robert Wilson

William Wilson
Jasmin Wiltshire
Lee Ann Witt
Grayson White
Richard Wonpat
Eric Wood



Muhammad Zargarpur
Melissa Zarrella
Mario Zeldon



While Tom King, Stacie Clemmons and Andrea Silcox check on their test grades, Chris Landrum turns in a pink Giant receipt to Mr. Bill Moreland toward the purchase of a computer. Throughout the year schools collected Safeway and Giant receipts to use toward the purchase of Apple and IBM computers.

ROLLING IN THE DOUGH

Money, money, money was on the minds of the sophomore class officers and sponsors, Mrs. Beth Conte and Mrs. Ann DeMedio, as they concentrated on organizing the Homecoming Dance. This dance gave them the experience to prepare for the future Prom.

Sophomores went head first into Homecoming. Mikey Dovberg said, "One of our major accomplishments was to beat the Juniors in Spirit Week. We worked hard to achieve our goal. It was the best feeling!" The officers met every weekend with sophomores classmates to plan the hall, float, and dance.

Fundraisers were a way of life for the sophomores. They sold candy throughout the year, each time with the goal of each person selling at least 10 items. "Working with the SCA involves a lot of time and hard work, but in the end, it's always worth it," commented Claire Collins. Leading the class through the SCA was Mikey Dovberg, President; Claire Collins, Vice President; Demetria Howard, Secretary; and Leslie Latimore, Treasurer.

Being a class officer meant more than being an individual as everybody had to learn to cooperate and work together growing from the many experiences SCA had to offer. - By Tracy Adams

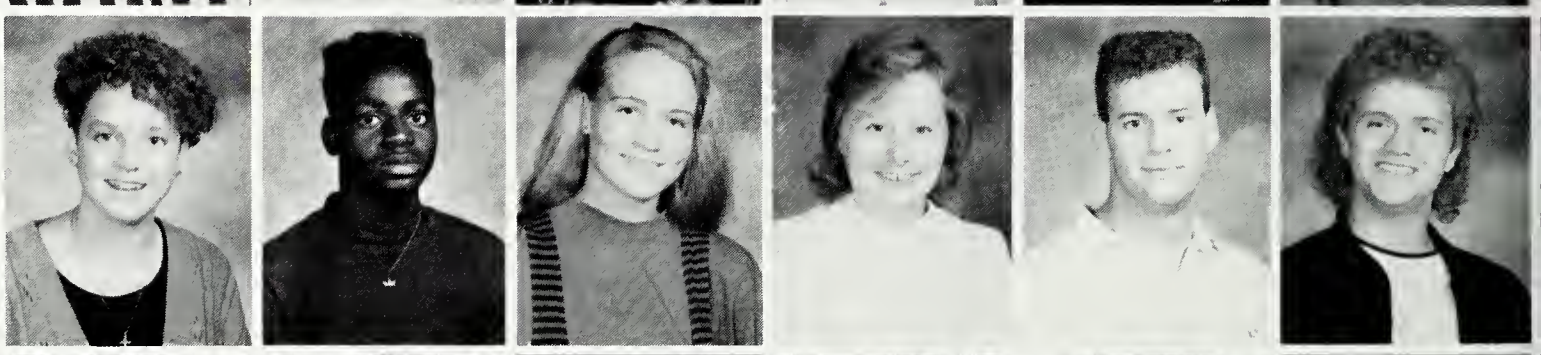
Crystal Adams
Monique Adams
Tracy Adams
Eric Agustin
Scott Allen
Vikki Allen



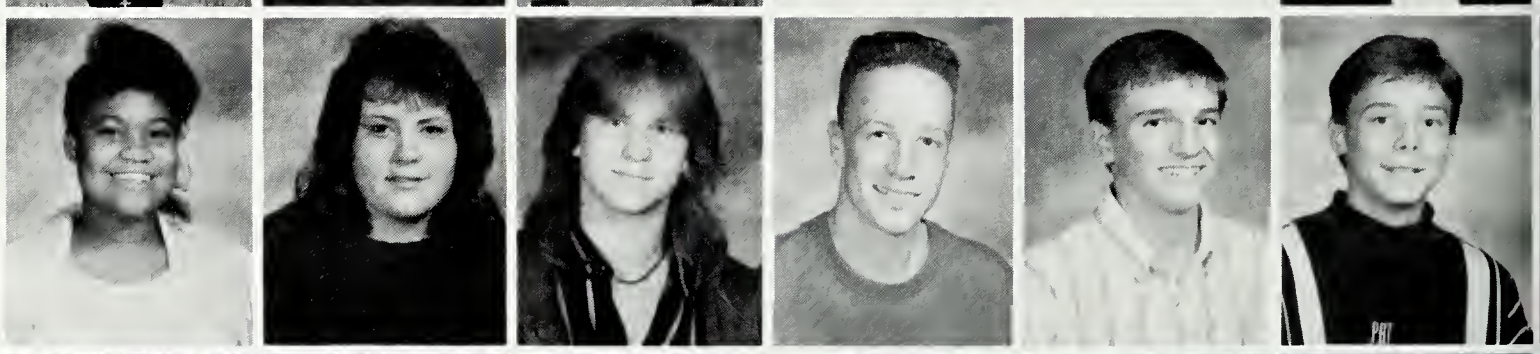
Richard Alvey
Shawn Andrus
Chris Anthony
Kristine Applegate
Marty Armentrout
Angie Arrington



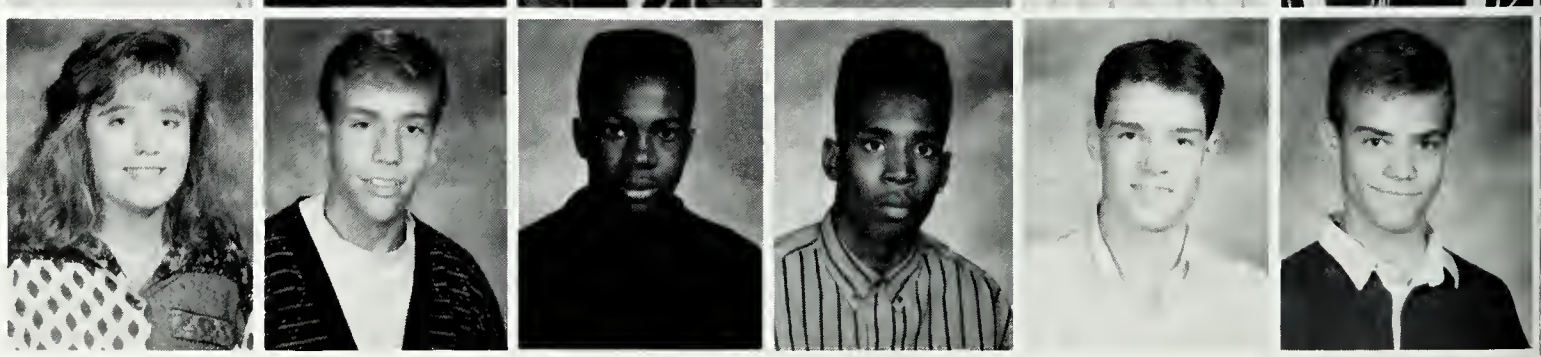
Kristina Atkins
Hakeem Atobajiye
Allyson Babcock
Stacey Baber
Marc Baker
Dana Bamberger



Erika Banks
Gertie Baran
Bradley Barnett
Daniel Barrett
James Barrows
William Beckman

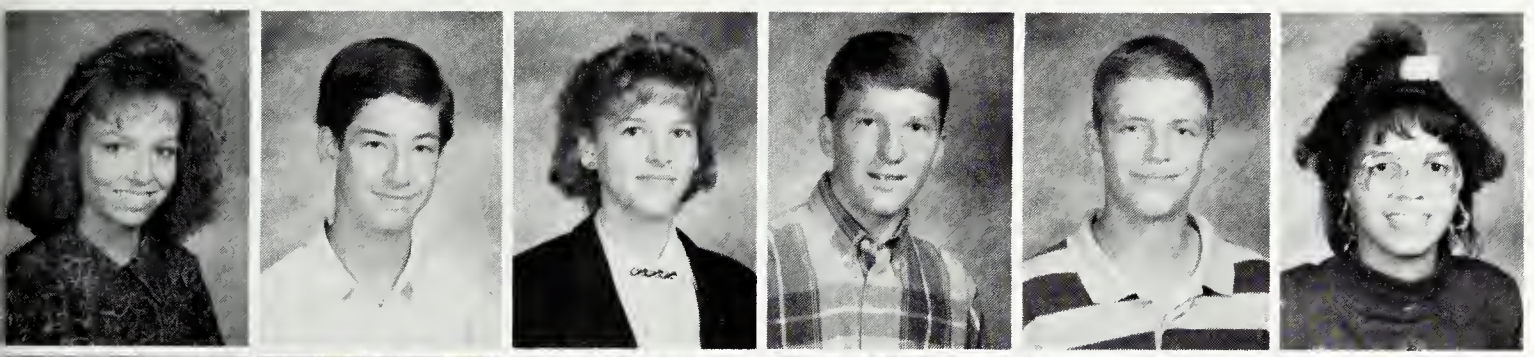


Gayla Bell
Kevin Bell
Steven Bellamy
Kwhane Bennett
Jason Beyer
Paul Bielewicz





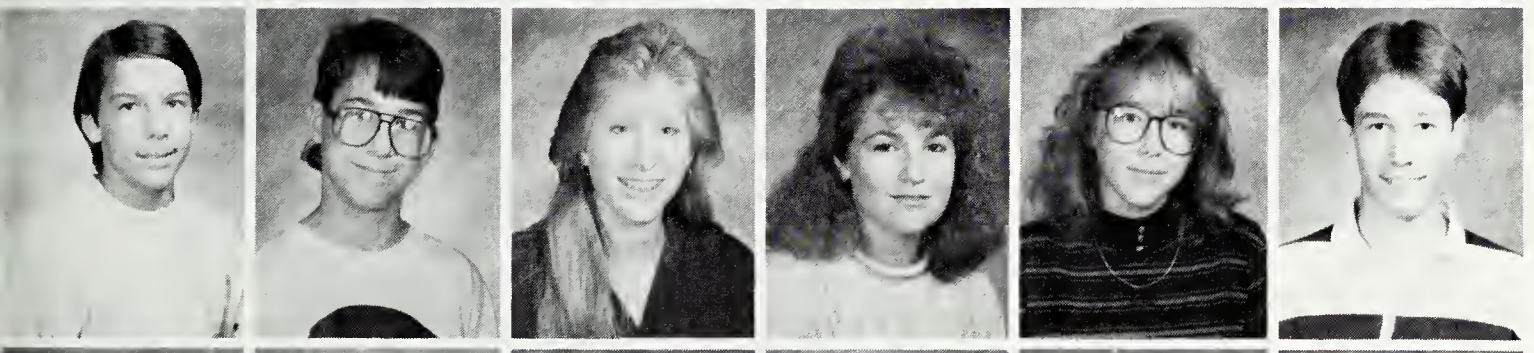
Preparing for the future Prom, Sophomore Class officers, Leslie Latimore, Claire Collins, Mikey Dovberg, and Demetria Howard, outline the plan for the next fundraiser. Starting early to gather funds was a top priority of the class so they could relax as the day of the Prom neared.



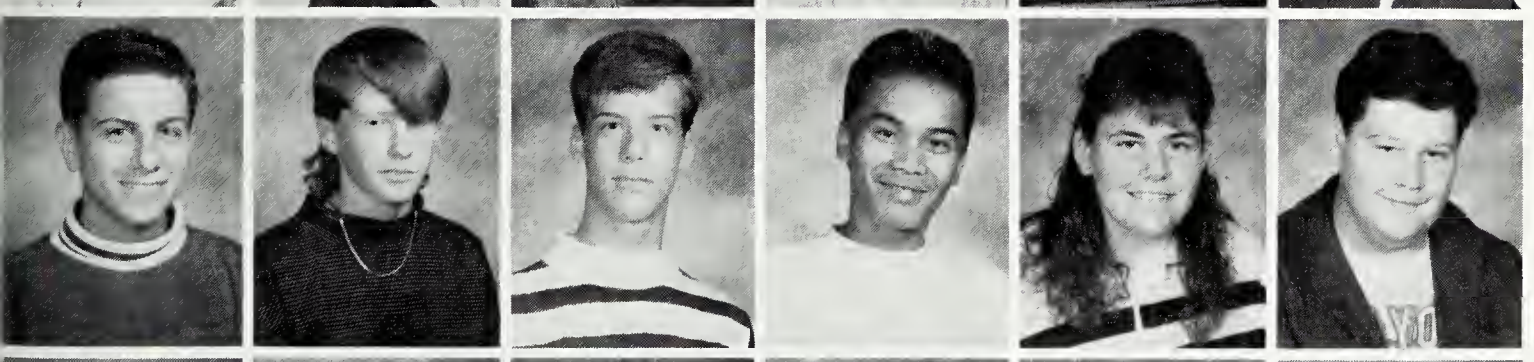
Christina Bittner
Gary Blake
Rachel Blake
Brent Booker
Matthew Bowling
Tami Boxley



Jason Boyce
Deborah Boyd
Steve Boyd
Connie Boyette
Katherine Bradshaw
Stacy Breeden



Toby Bridges
Daniel Brothers
Beth Brown
Beverly Brown
Jennifer Brown
Kevin Brown



Rick Brown
David Bruce
James Bubb
Phraivan Bunkong
Jennifer Burke
Seth Burke

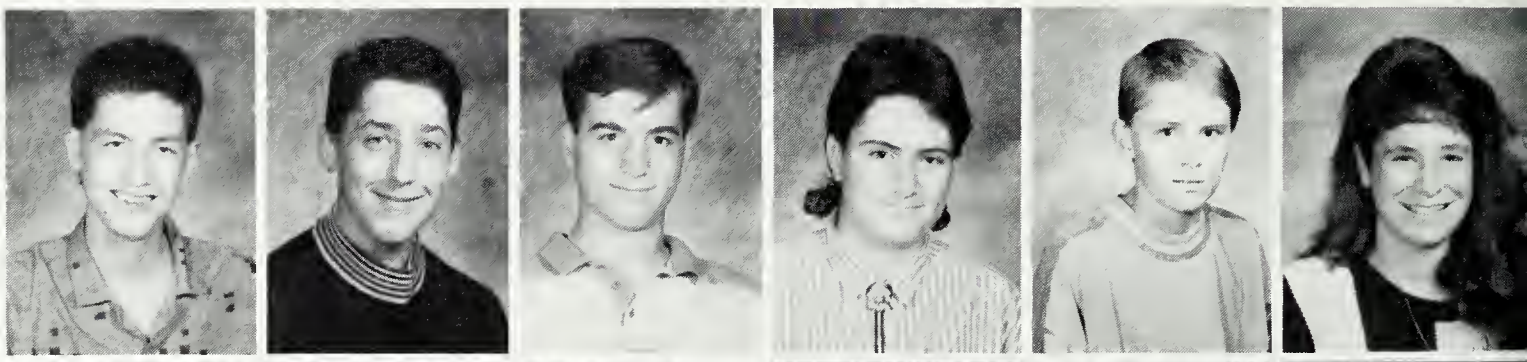


Michael Burns
Matt Burton
Stephanie Bush
Molly Bushey
Bridget Byington
Jennifer Byrne

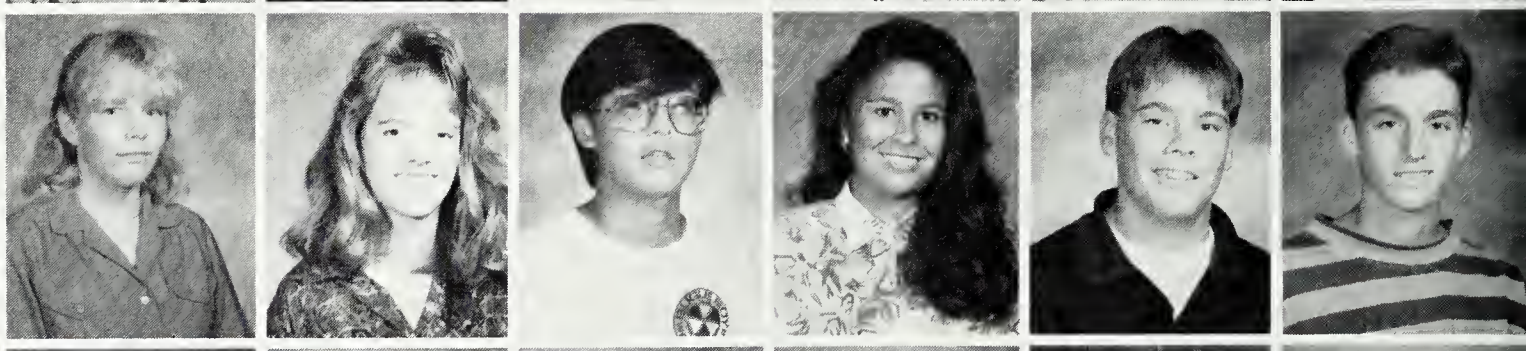


After a long day of school and studying, Jared Perreault finds relaxation in his Nintendo. Although many parents felt such games were a waste of time, the games took skill and devotion to win.

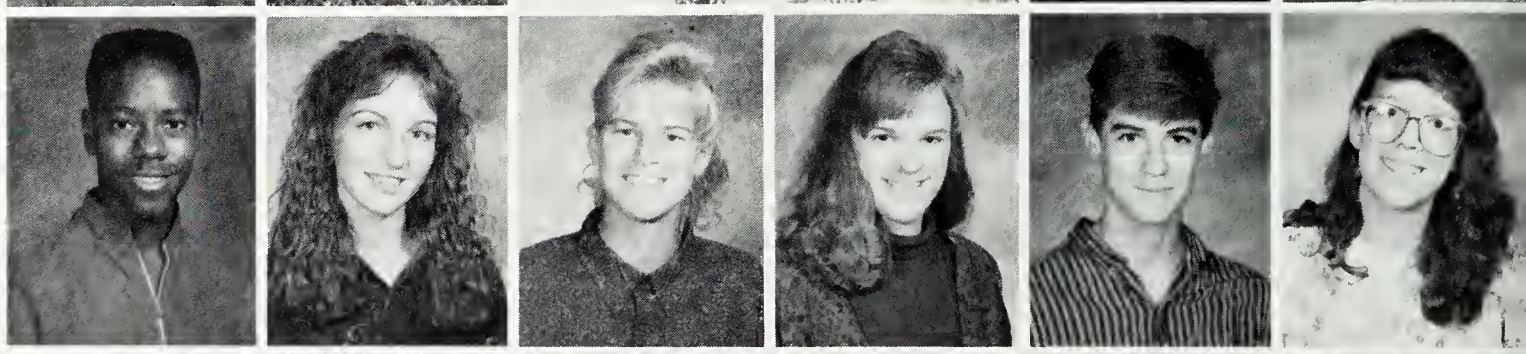
Matthew Byron
Colin Callahan
Chris Canada
Matthew Capriglione
Keith Carroll
Heather Carver



Tracy Cheatham
Jennifer Cherock
Nai Chiang
Suzanne Cipra
Kirby Clark
Christopher Clayton



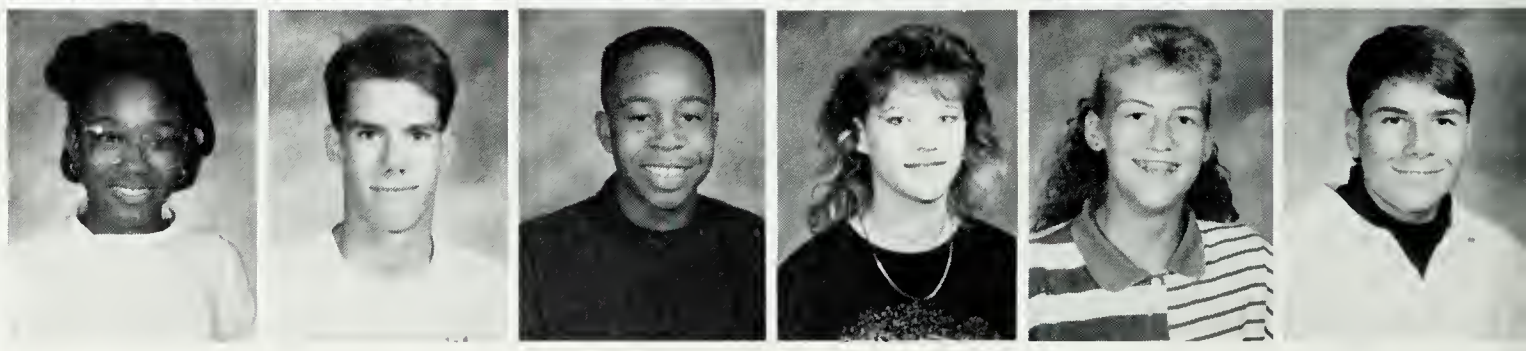
Christopher Clayton
Kari Collier
Claire Collins
Melissa Connolly
Tim Connolly
Michelle Cook



Tyrone Cooney
Michelle Corah
Tiffany Crahan
Tari Cristan
Sara Cruz
Brian Curtis



Yalanda Daniels
Alan Danz
Arthur Davis
Lora Deback
Debra DeHarde
Brady DeHoust



THE GREAT CRAZE

"Swing your hips from side to side - let's do the Mario." The bright colors shined off the screen as eyes watched with awe. It was another stage of the T.V. video game craze.

Most wanted or had some kind of entertainment system, whether it was Nintendo, Sega, or Atari. What confused parents was why do intelligent people play these mind-boggling games?

The games seemed to ease tensions. Stacie Tarbet exclaimed, "When I am mad, I like to shoot at the ducks on Duck Hunt!"

Every student had something to do after school whether it was finishing homework or going to practice for a sport. Finding time was a hard thing to do but it was done. Students could play a game while babysitting or while taking a break from homework stress. Pam Slater said, "I usually played because I am bored."

Favorite games ranged from Baseball Stars to Super Mario Brothers. Games cost anywhere from twenty-five to forty-five dollars. Video stores would rent out games for two dollars.

The show was over. That was the end of another Super Mario Brothers cartoon. What game now, Super Mario Brothers or Duck Hunt? - By Molly Bushey



Raelyn Deninno
Richard Dennis
Renee Dent
Timothy Deputy
Donna Desmond
Roxanne Dever

James Dickison
Sara Dix
Billy Dixon
Tracie Dobbins
Bradley Dodds
Stacie Dominy

Colin Donnelly
Elizabeth Donnelly
Mikey Dovberg
Chris Dowell
Sean Dowling
Dawn Duarte

Beau Durant
Claudia During
Greg Duthie
Tamara Dye
Meredith Dykes
Thomas Edgington

Jason Edwards
Jose Elliot
Mike Engelen
Michael Epke
Jason Erie
Darin Eskridge

Jason Falbo
Hope Farr
Kristen Featherstone
Stacie Fettelman
Chris Fey
Catherine Flaherty

William Flores
Carly Flynn
Tim Foster
Veronica Foster
Sheri Fountian
Brian Fox

Shaunta Frazier
Michelle Gagnon
Michelle Gammon
Araceli Garcia
Jeff Gardner
Stephanie Garland

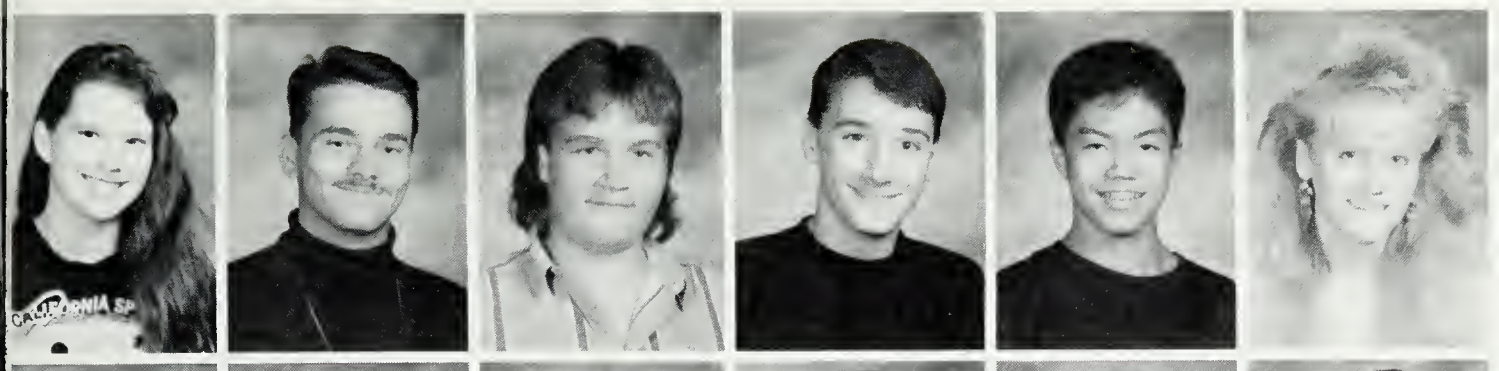
Mary Geer
Melissa Gill
Janelle Gillis
Sean Glover
Trisha Gomez
Lejune Goode

Bo Graham
Jennifer Gray
Rickey Grayson
James Green
Elizabeth Greenhalgh
William Grier

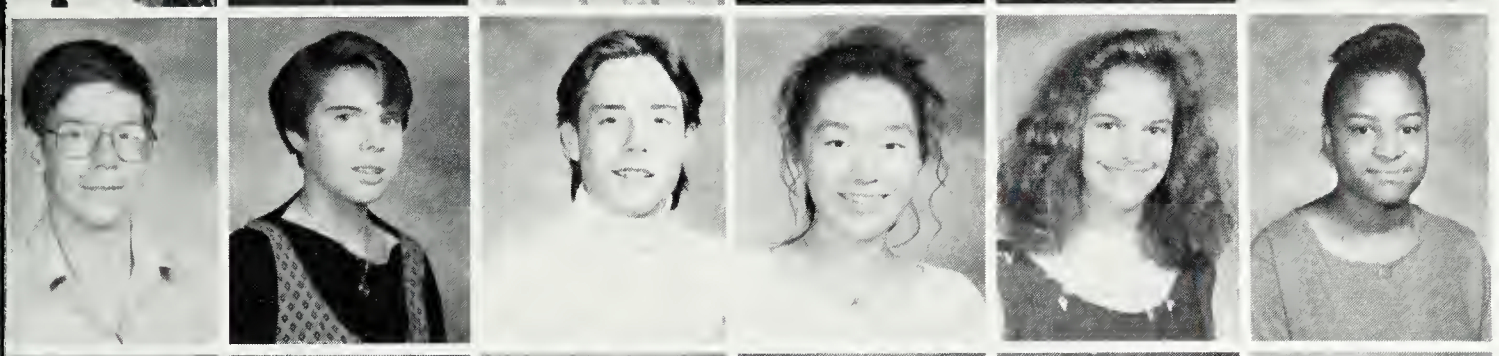


At the beginning of the day, Rachel Welty postions the cones for the angle parking exercise. These exercises were planned to teach students to drive gradually; starting with forward and backward tracking and moving to the garage.





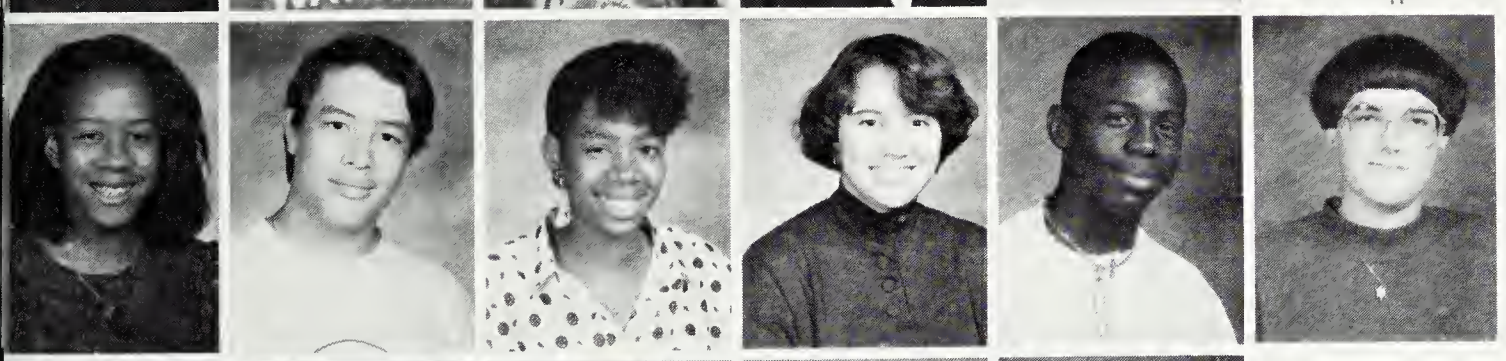
Dawn Griffin
Jimmie Grigsby
Stephen Grooms
Chad Grover
Sam Hack
Amy Hall



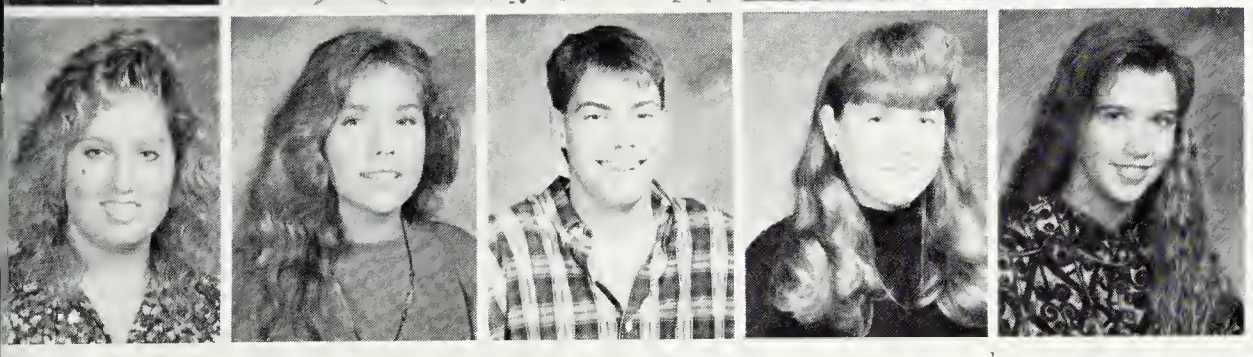
George Hall
Kelley Haller
Michael Hallman
Eun Ham
Kristen Haughey
Alcenia Hamn



Shana Haring
Danny Harmon
Melissa Harper
Robin Harris
Elizabeth Harpster
Douglas Haynesworth



Kimberly Hearn
Sean Heaton
Wendy Heck
Shelly Henkell
Gregory Henley
Jennifer Hillmar



Wendy Hippeard
Stefanie Hipple
Chris Hobbs
Gretchen Hodges
Melody Holley

CRASH COURSE

Ever since childhood, it was everybody's ambition to drive. The thrill of getting a license, and the freedom that came with it was desired by all. First came the dreaded range and road.

Plagued with X-exercises, T-exercises, figure eights and those annoying orange cones that always seemed to be under the car wheels, range was one of the most frusrating parts of high school. "It was so hard to drive and, at the same time, deal with the people screaming in the backseat that you had just run over the cone!" confessed Tara Golding

Then, as if the cones weren't enough, it was time to go out on the road. That was a pretty scary experience if it was the first time out. "It was so scary with those big trucks going by. My hands were sweating the whole time!" said Kirsten Speca. Of course, range did have an up-side. For upperclassmen, it meant getting out of classes. Sophomores traded P.E. for two weeks of range, a welcome break from dressing out.

Then came the ultimate reward, passing the driver's test. When this final step was over, students realized that all the frustration and hard work were worth it and driving the car finally became a reality. -By Jennie Gordon

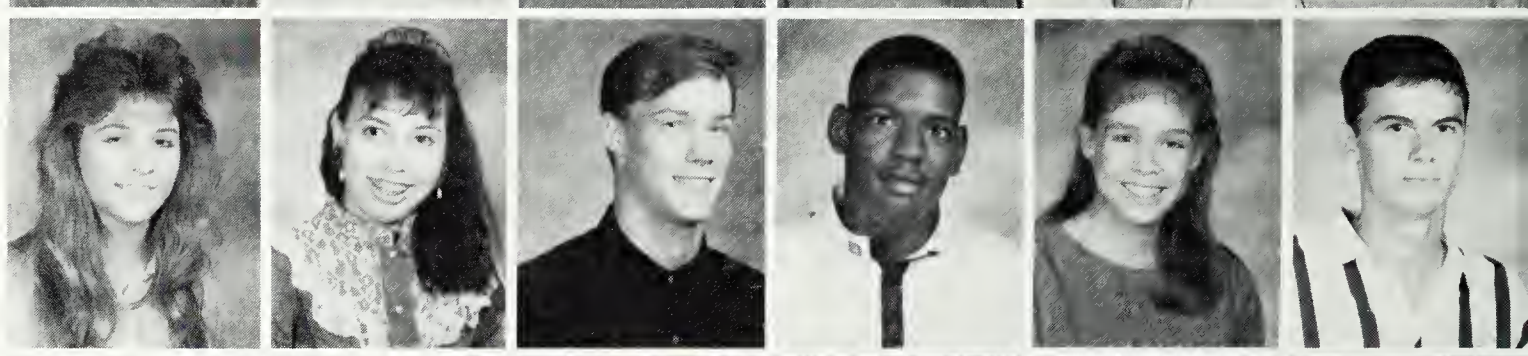
Christine Holloway
Yong Hong
Laurie Hornberger
Jeff Hootselle
Demetria Howard
Kristi Humphries



Melanie Hunnell
Christyna Hunter
Rudolfo Iballa
Melissa Jack
Christopher Jefferson
Yolanda Jenning



Tonya Jocewicz
Brenda Johnson
Benjamin Jones
Rob Jones
Alexis Katsarelis
Christian Kedzierski



Patrick Keith
Scott Keith
Michelle Kell
Steve Kellerman
Alex Kelley
Dunstine Kendall



Eva Kessinger
Joe Keltering
Heera Khanna
Moti Khanna
Punna Khanna
Melanie Kiessling

WRITING OVER THE SEAS

The Iranians entered the small country of Kwuait and thousands of U.S. soldiers left our country to help out. Most people, in one way or another, felt obligated to show these soldiers how they felt about their sacrifice.

The Junior Civitans wrote soldiers and wished them a happy Halloween. They enclosed return addresses and were happy to keep up the contact with their new friends. As an added speciality to the letters, each member sent a can of powdered drink mix. This was sure to add a little kick to the daily routine of bottled water.

"Just knowing I helped an American soldier forget that sand and heat for a few minutes made me feel good," stated Sara Dix.

Another group who wrote letters were the classes of Mrs. Kathleen Mahoney. The letters that came back from the Middle East encouraged letterwriting. Some included addresses of friends in other platoons, while others requested current sports articles or comics.

"It really makes you think about the luxuries of home and of having loved ones near," said Stephanie Garland. Students joined the American population in supporting the men and women in Saudi Arabia. -By Debi Gabriel

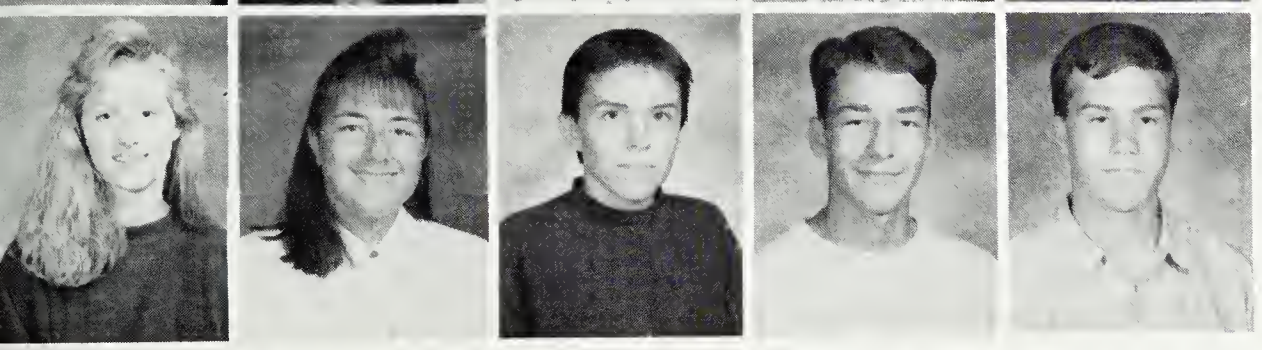


Kimberly Kline
Danny Klotz
Bobby Knaupp
Mary Claire Knowles
Ron Korzen
Jon Kraft

Melissa Krass
Cliff Kreiler
Daniel Kreiler
Kris Kyle
Tanya Lacey
Heather Lamberton

Jimmy Langham
Dan Larrabee
Eric Lashbaugh
Charles Laskey
Leslie Latimore
Christen Lee

Wilson Lee
Phokham Lenemanyvong
Keri Lester
Tom Lewis
William Lidsay
Adrain Lipscomb



Lisa Little
Teresa Lloyd
Chris Lopresti
Sean Lublin
Glenn Mackinlay



Maria Hernandez and Clint Ingram take time to read the Journalism display in the hallway. Displayed in the showcase were letters received from the servicemen through Operation Dessert Shield and adresses of graduates stationed in the Middle East.

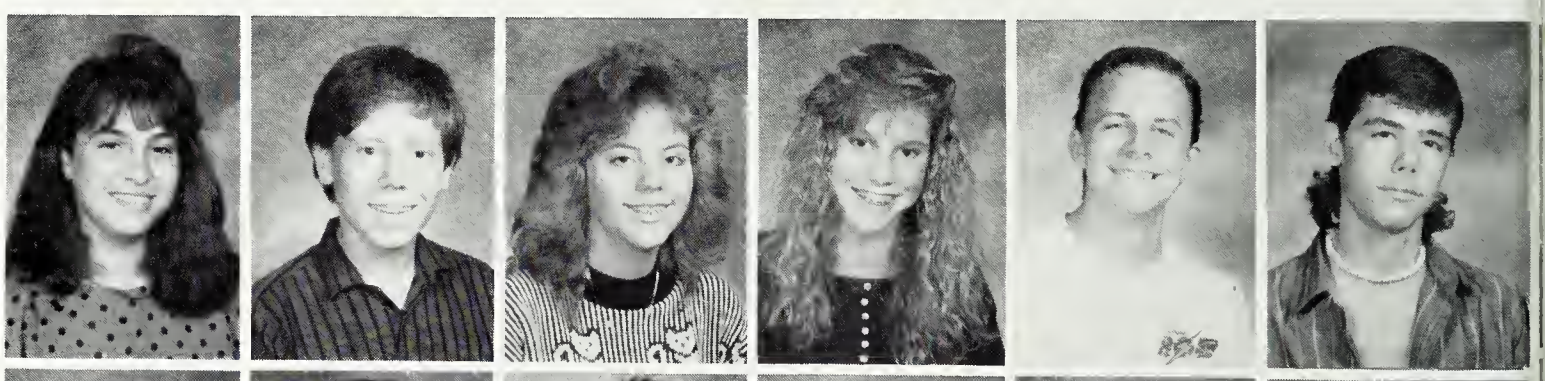
COMING FULL CIRCLE

It was April 1990. Sophomores had awaited this day with anxiety. Class rings finally came in. Friends were turning each others' rings and rings were sealed by a boyfriend or a girlfriend. "I look forward to my class ring because when I get older, it will bring back memories of high school - good and bad," said Tara O'Brien.

The main reason to get a ring was tradition. Ever since the first class, most everybody got one to let others know what school they attended and what they were involved in. Another incentive was to exchange rings as a sign of dating. Class rings signified different things including friendship and school spirit.

The rings' styles ranged from simplistic to traditional; decorative miniatures to deluxe models. The Panther, school motto, clubs, or sports were engraved on the sides to identify the owners. Of course, all this was accompanied by a graduation year and name.

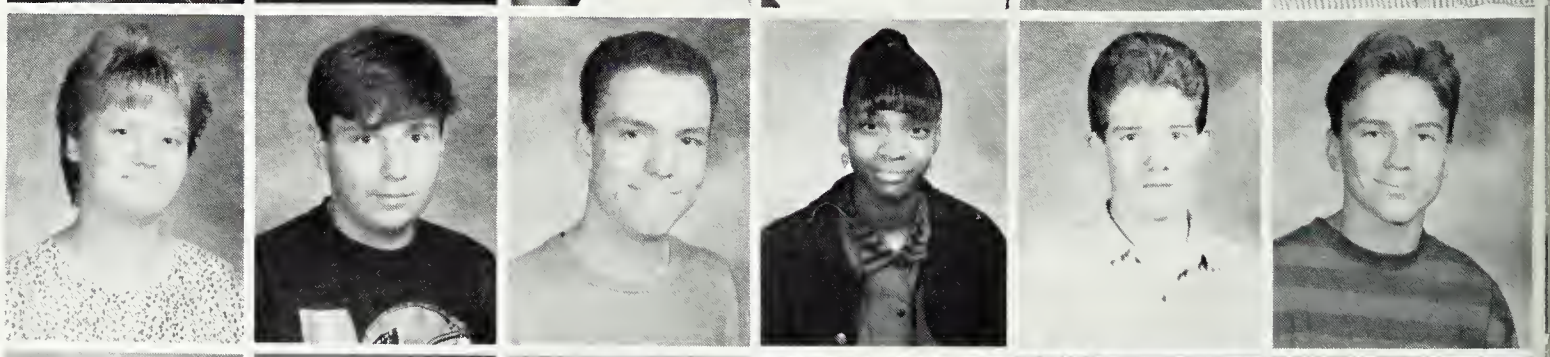
This was a turning point in sophomores' lives, and they felt they had come full circle - from really envying upperclassmen to slowly, but surely, becoming one. "It gives us a sense of superiority," said Andrea MacKlin. - By Catherine Ramsey



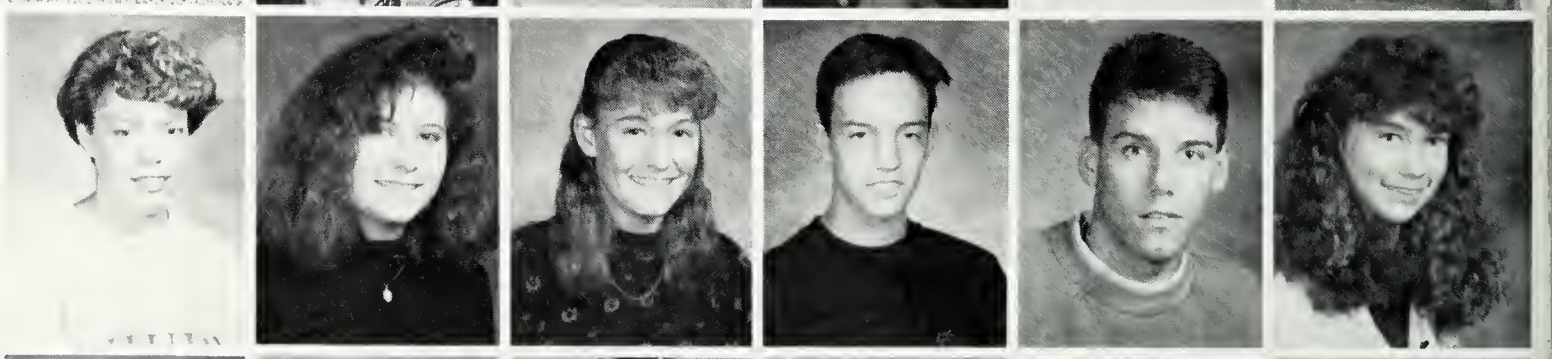
Andrea Macklin
Merin Magill
Samone Mahaney
Courtney Manuel
Chris Marbaker
Robert Marbaker



Mandi Marcopulous
Adam Marcum
Brandi Marks
Garett Marsteller
Andre Martin
Maurice Martin



Jennifer McCain
Timothy McCallister
Kevin McDonald
Karramah McGriff
Steve McHugh
John McKibben



Tara McKnight
Ann McNamara
Erin Merica
Cory Miles
Jeff Miller
Wendy Miller



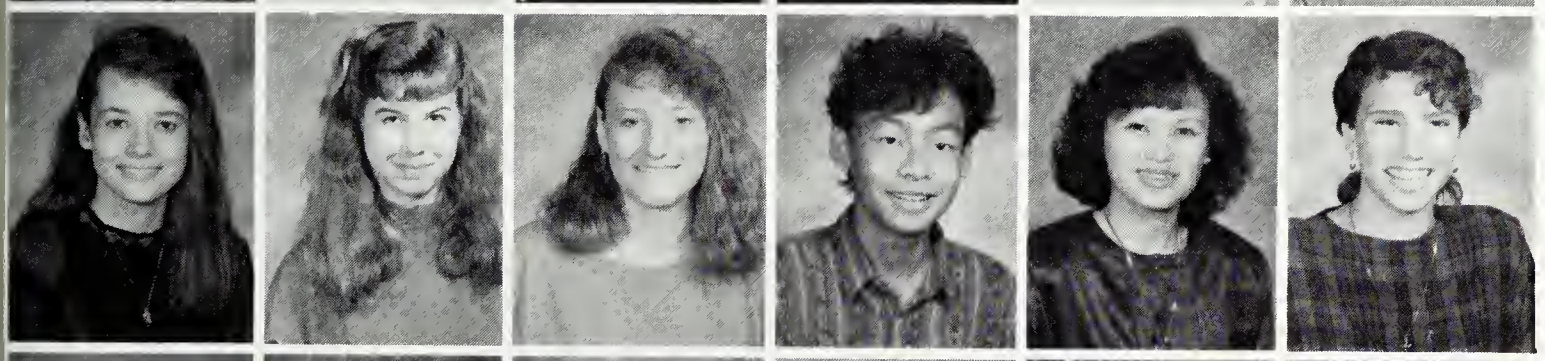
LaKisha Minter
Damien Moore
Evelyn Moore
Joshua Morrow
Kara Morseman
Ryan Morton



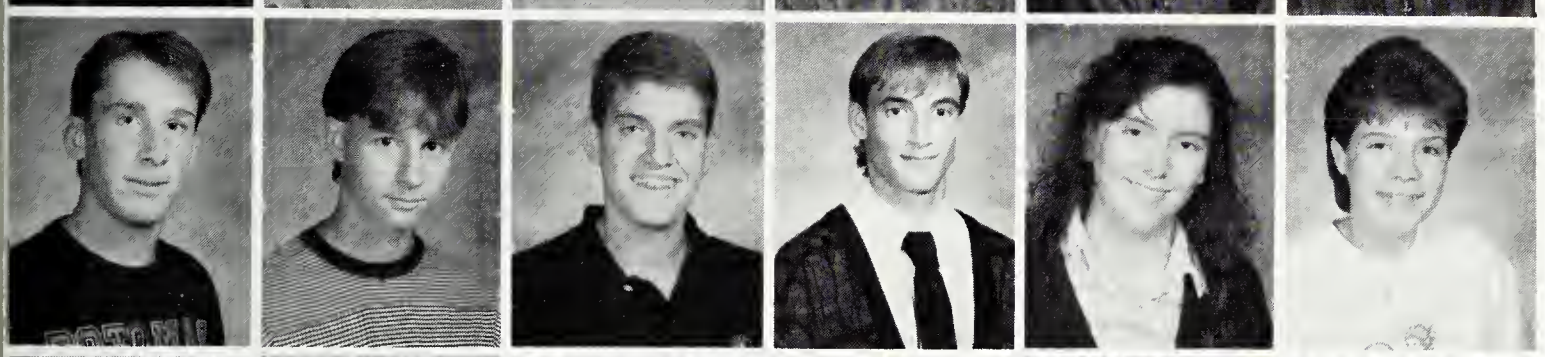
Sharing in the excitement of getting a class ring, Amber Phillips and Shelley Henkell turn each others' rings to get the traditional 93 turns for good luck. After a long wait, the rings were finally distribued during lunch in May.



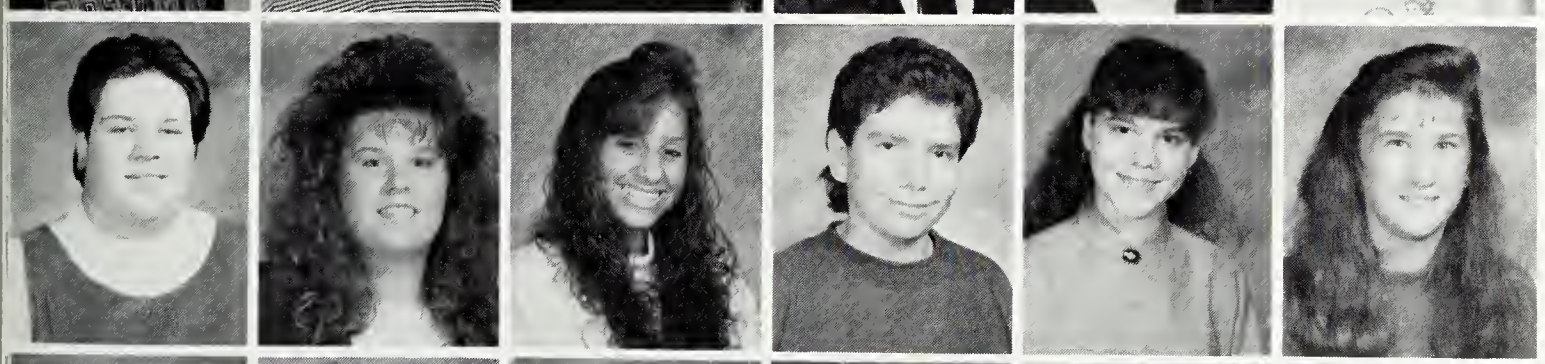
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Matt Murphy
Erik Myers
Courtney Myles



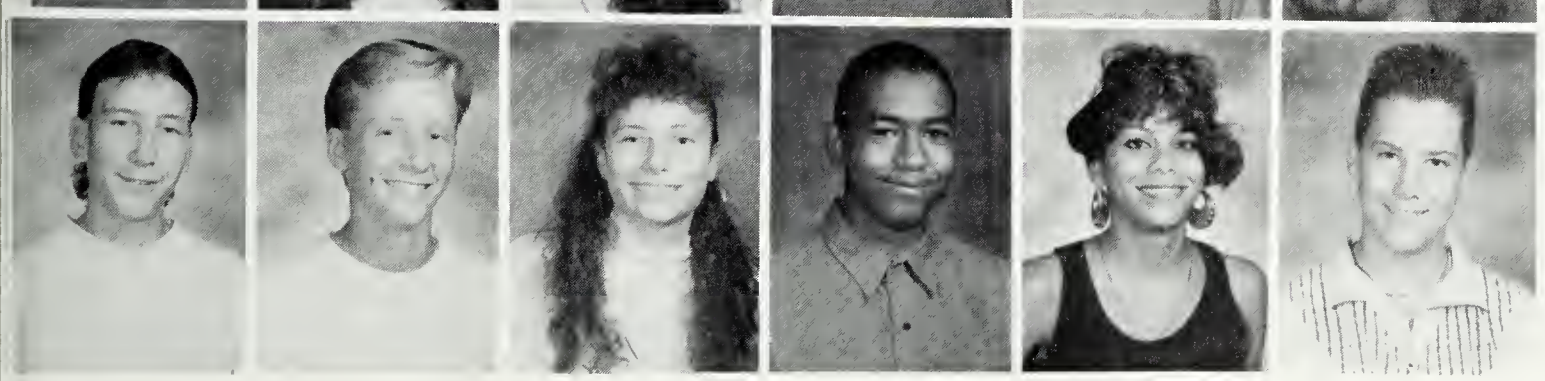
Beth Nelson
Angela Nester
Tonya Newbanks
Anhkiet Nguyen
Binh Nguyen
Katie Nieves



Tom Noto
Ron Novak
Eric Novonty
Mike O'Brien
Tara O'Brien
Heather Oldham



Courtney O'Rourke
Debbie Osborne
Cynthya Pagan
Eddy Palmer
Jessica Parker
Amanda Patton



James Patton
Mark Pavlick
Tina Payne
Robert Penn
Johnsie Perks
Jared Perreault

THE TARDY BELL TOLLS

"I think I can, I think I can. Just two more steps." Beeeeep. The bell. Maybe just a warning - maybe a failing grade. Life is so unfair.

Many students complained about not having enough time to get to class and receiving an "F" for being late. "T he hallways are so crowded, and I have to carry books for three classes anyway because I can't go to my locker,"

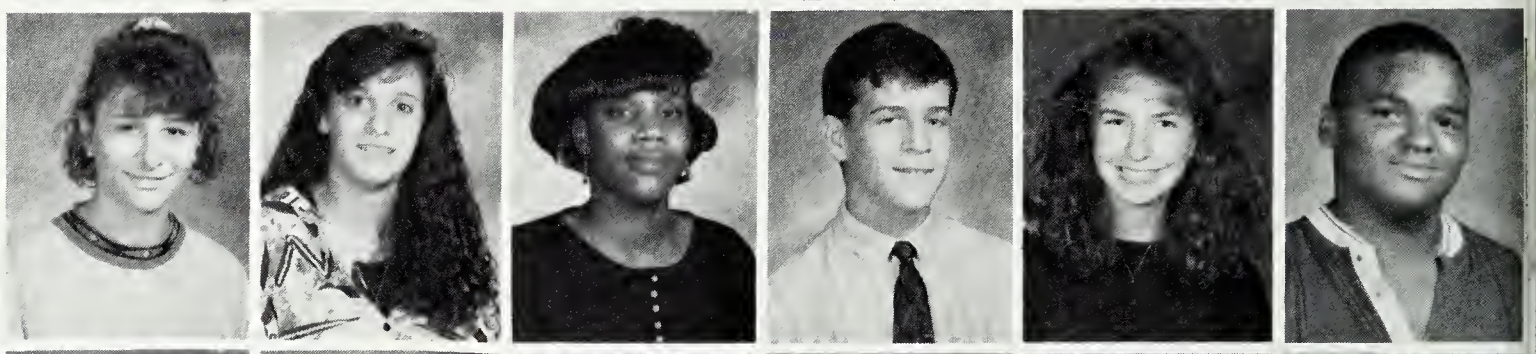
said Kevin Daniel.

A group of students, parents, and faculty deliberated for some time, eventually presenting their ideas to the student body. The decision was made, and the system went into effect for the second semester. At the second tardy a letter was sent home to be returned and if it was not, a call was made to the parents. If a student received a third tardy, he had detention for one half hour for each tardy. "We are hoping the detention will make students aware of their responsibility to be in class on time," said Mrs. Ann Lockett.

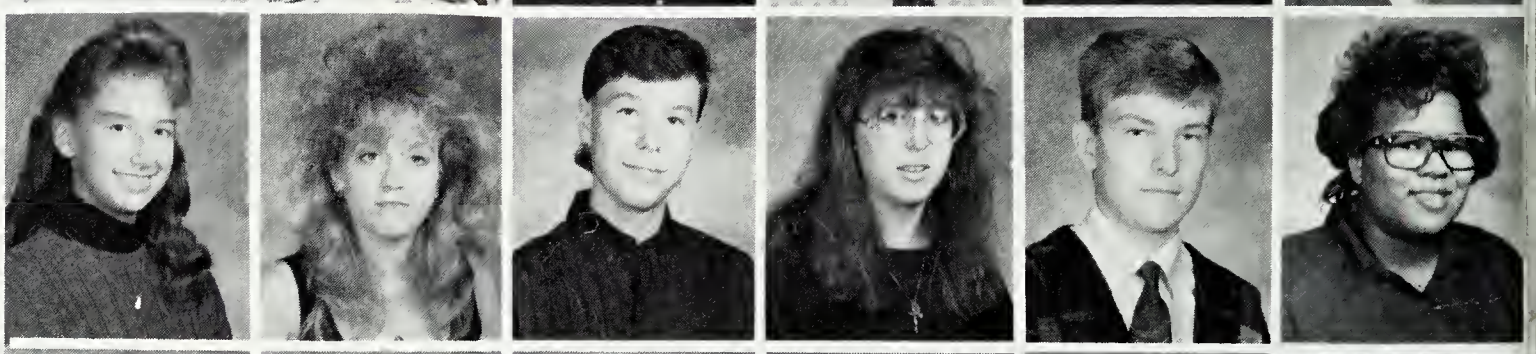
"It's better because we don't have to worry about failing because of tardies anymore," said Dawn Hynes. Detention wasn't fun, but the threat of staying after school coaxed some to walk a little faster! - By Jennie Gordon



Jeanna Petersen
Phoiuliane Phantriyavong
Shatchai Phantriyavong
Amber Phillips
Kari Phillips
Patrick Picculi



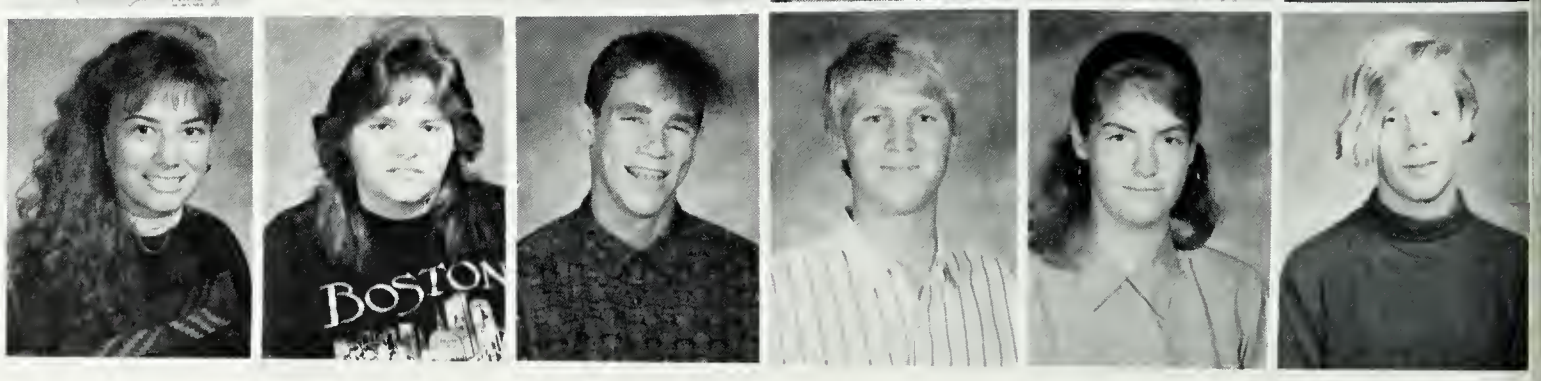
Sandra Piper
Irene Porto
Deanne Powers
Ian Prymak
Lora Quinlan
William Quinn



Tanya Radeke
Dusty Ramey
Mark Rapson
Sandra Raynes
Tim Reagan
Terrace Reid



Cory Reith
Catrina Rice
Lakisha Ridley
Chris Rinker
Renee Roberts
Ashley Rogers



Melanie Rogers
Dorothy Ross
Matthew Rossi
Paul Rucker
Renee Ruffing
Lee Rumley



Chuck Perkins waits for Mrs. Betsy Maloney to check his hall pass during her fifth period hall duty. Even before the new tardy policy went into effect, teachers were asked to patrol the halls to cut down on class cuts and tardies.



William Rumley
O'Neil Russell
Angela Sackett
Jeremiah Sahlberg
Rob Satchell
Micah Sauntry

Gabriel Sava
Barry Savering
Anne Scanlon
James Schleis
Susan Sehneider
Jennifer Scudamore

Laurie Seitz
Tammy Senecal
Tabitha Sessions
Brian Simpson
Tim Singstack
Brendan Smith

Geri Smith
Becky Smith
Shannon Smith
Walter Smith
Michael Smullen
Desiree Snyder

Monica Somers
Joe Somasky
Steven Soto
Aaron Sprague
Frankie Stallworth
Amy Stanley

Tony Steele
Paul Stieglitz
Shane Stitts
Chris St. Jean
Mike Stokes
Jennifer Suddarth

Kevin Swinton
Nicole Swistak
Stacie Tarbet
Carrie Taylor
Larry Teague
Delfa Telleria

Michael Terrazas
Torrey Terry
Sourinieng Thanisouk
Gina Thomas
Kelly Thomas
Scott Thompson

James Thorton
Jenny Thorson
Andrea Tipton
Ron Toles
Ionisphere Torres
Lineras Torres

Vince Tra
Damon Triplett
Nicole Utterback
Inna Vasker
Jeff Vandersand
Stephanie Vermillion

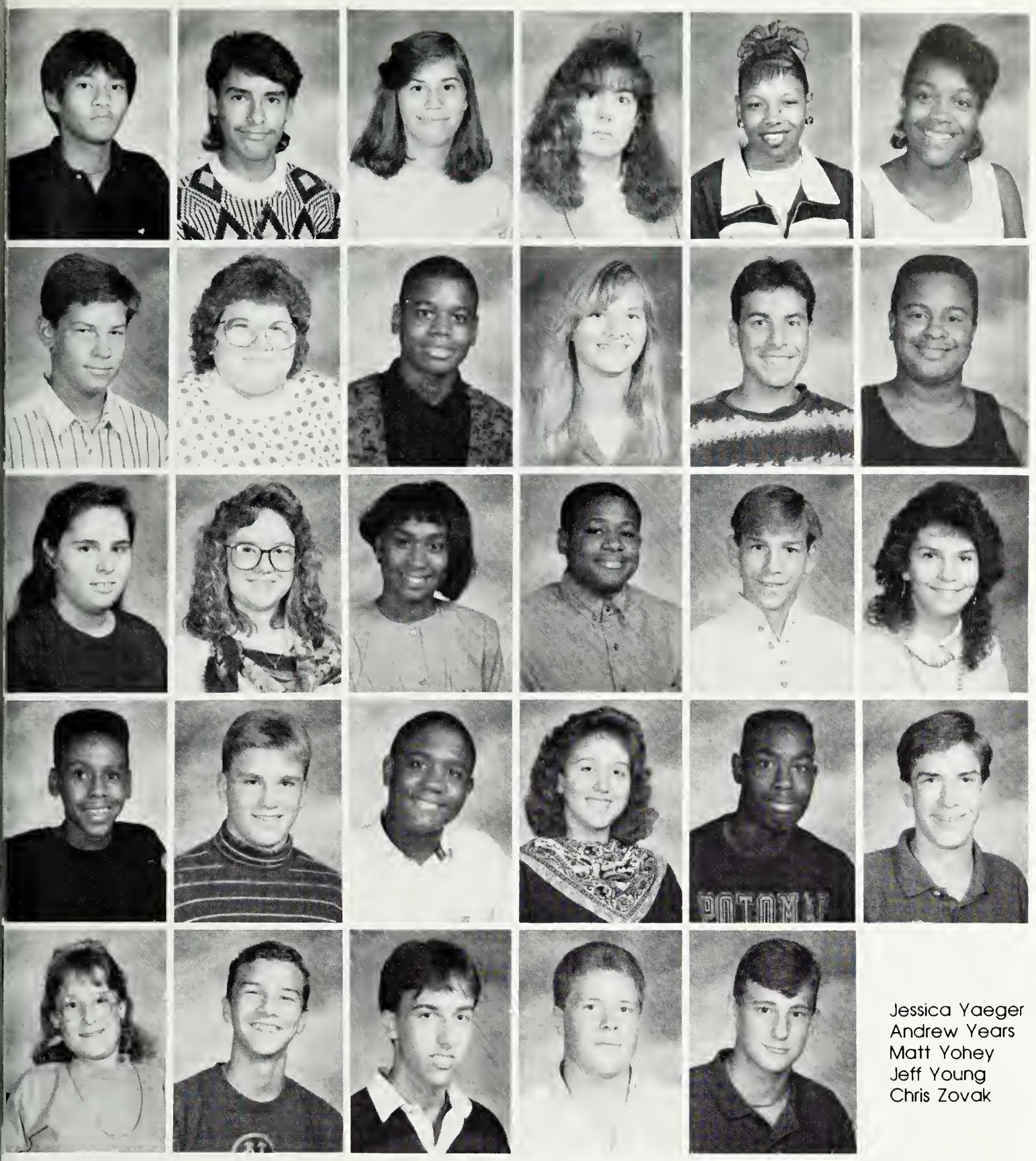


Alex Sztanko

1974-1990

"Alex was a special guy to most of us; he was always there when his friends needed him," commented friend Chris Anthony. Alex Sztanko was involved in Potomac's choir program and soccer team. He died on June 16, 1990.





Melvin Vicedo
Raul Viveros
Susan Walcroft
Andrea Waldron
Gloria Wallace
Donnetta Walton

Scott Warner
Sherry Watson
Brian Webb
Tanya Webb
Jerry Welch
James Wells

Rachel Welty
Beth Wheeler
Tiffany White
Phillip Whitney
Chris Whitten
Jennifer Williams

Dennis Wilson
Kevin Wilson
Robert Wofford
Cally Woolfrey
Shane Wright
Regan Wynne

Jessica Yaeger
Andrew Years
Matt Yohey
Jeff Young
Chris Zovak

Carolyn DuPree



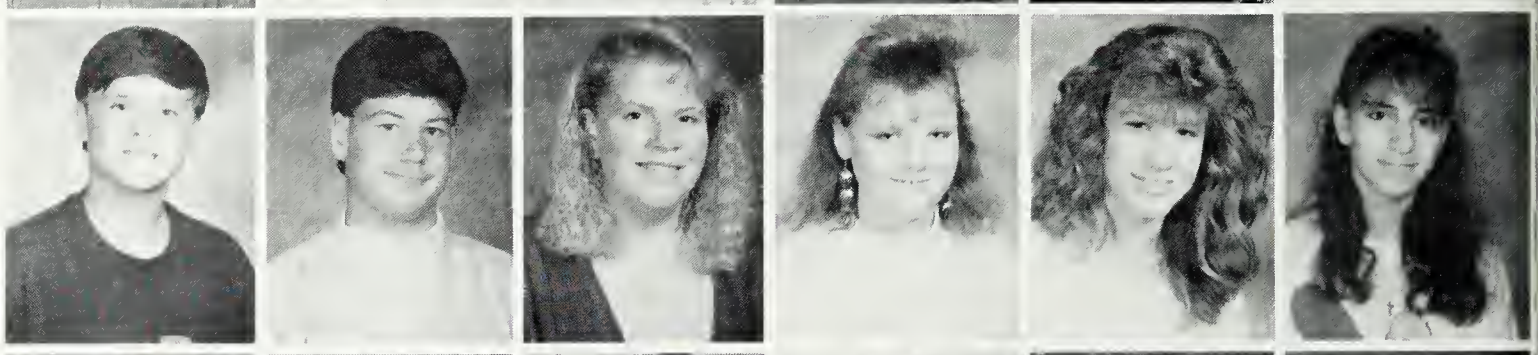
1974-1990

"Whenever you saw her, she always had that big, bright smile on her face. Deep down in her heart, she was a very loving, caring, and kind person," commented friend Daisy Rankin. Carolyn DuPree died in a tragic car accident on October 24, 1990.

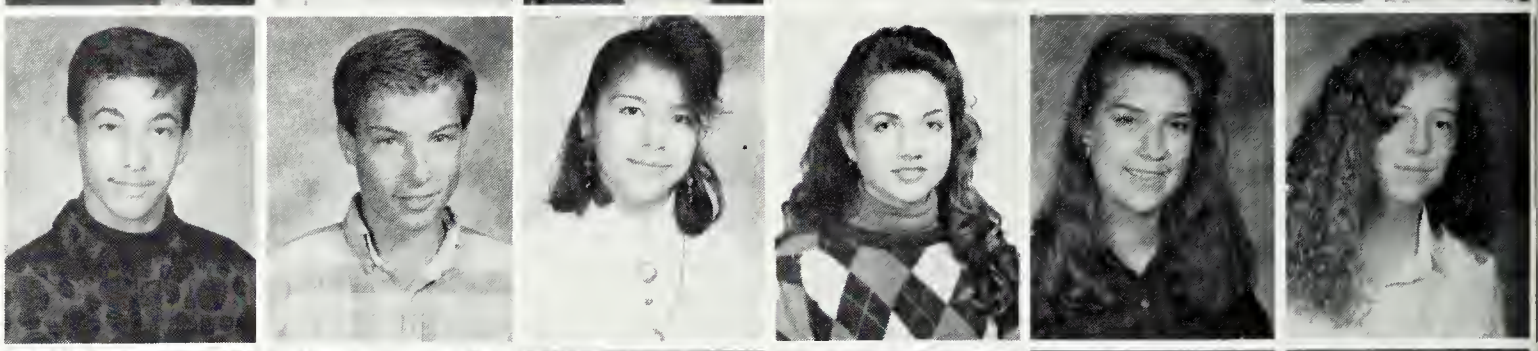
Brian Abell
Michael Adam
Kerri Adams
James Agnew
Kris Alexander
Sam Alland
Chad Allen
Christine Allison
Eric Ambler



Edward Ameigh
Andy Anderson
Christina Anderson
Dawn Anderson
Karen Andreno
Rulla Andress
Pamela Apperson
Jaime Ardaiolo
Lilliania Aronson



Edward Auriemma
Michael Bachman
Yessenia Balderas
Laura Ball
Amanda Barclay
Kim Barnett
Don Bartlett
Micah Barton
Jesse Basquez



Kami Bateman
Julie Bell
Dawn Bellamy
Courtney Benton
Krissie Berkman
Tyler Bertholde
Karen Betton
Tina Bickel
Mike Bilak



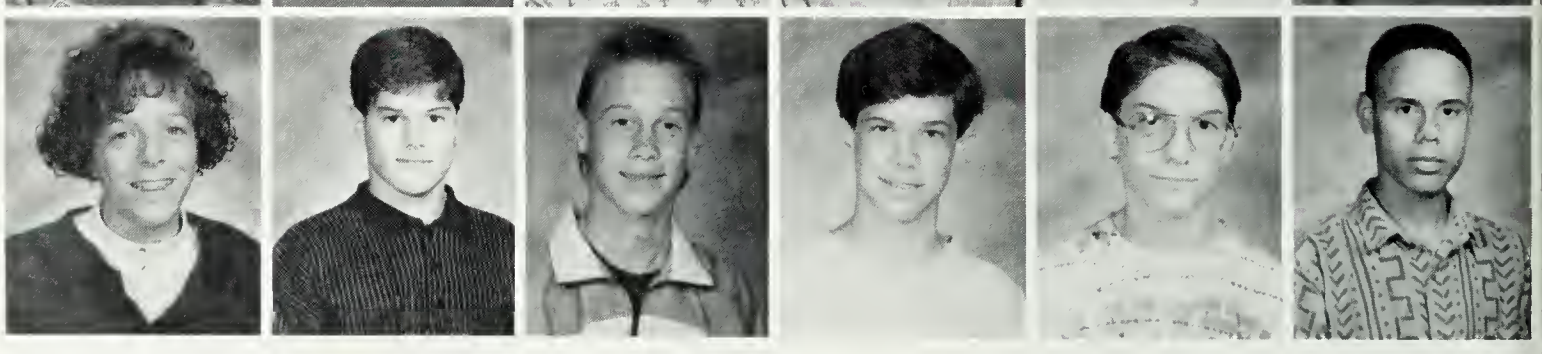
Valerie Biuins
Andy Blake
Greg Blankenship
Susan Blanton
Isaiah Bolding
Blythe Bonner
Kristy Bormann
Gerasimo Borneo
Chelsea Bowers



Tony Bowles
Kevin Box
Elizabeth Boyd
Matthew Boyd
Alan Bradley
Dominic Bradley
John Brock
John Brown
Joey Brown



Lori Brown
Keith Browning
Jason Bryan
Ryan Bubb
Brandon Burke
Damon Burkgart
Bernadett Burley
Amber Burnett
Jamie Bush





It was a long road to

BEING THE BEST

For the Freshmen, being the best was an important goal for the year. Being last on the Four Year Trail was a heavy weight to carry, but they worked together to make their first year go by more easily.

Organization was the key to success for the new class officers. Early in the October, the students elected president, Michelle Rubio; vice president, Jason Wynn; secretary, Chris Wakefield; and secretary, Nora Collins. As the positions were filled, the work began.

Their first new experience was Homecoming. The whole class pulled together to make it unforgettable. Members created a float depicting a scene from "The Little Mermaid" to show spirit. Their hall followed the theme of "The Wizard of Oz".

As the year went by the freshman officer's faced more obstacles. The class didn't have much money to work with, so students raised money with a candy sale. With the officers' help, the Freshman Class had an enjoyable, successful, and pleasant first year on the trail. - By Karen Oswalt



The road to success for the Freshmen Class officers, Nora Collins, Michelle Rubio, and Chris Wakefield, was a long one, but teamwork made it less tedious. They received help along the way from class members.

Trying to calm the

FRESHMEN FEAR

Mass confusion. Fearful students running around in a frenzy. Strange students to a new and much larger school pleading for directions.

This would have been the scene on the first day of school had it not been for freshmen orientation. In the past, orientation was held during the school day. Eighth graders loaded up on busses for Potomac and were shown around the school.

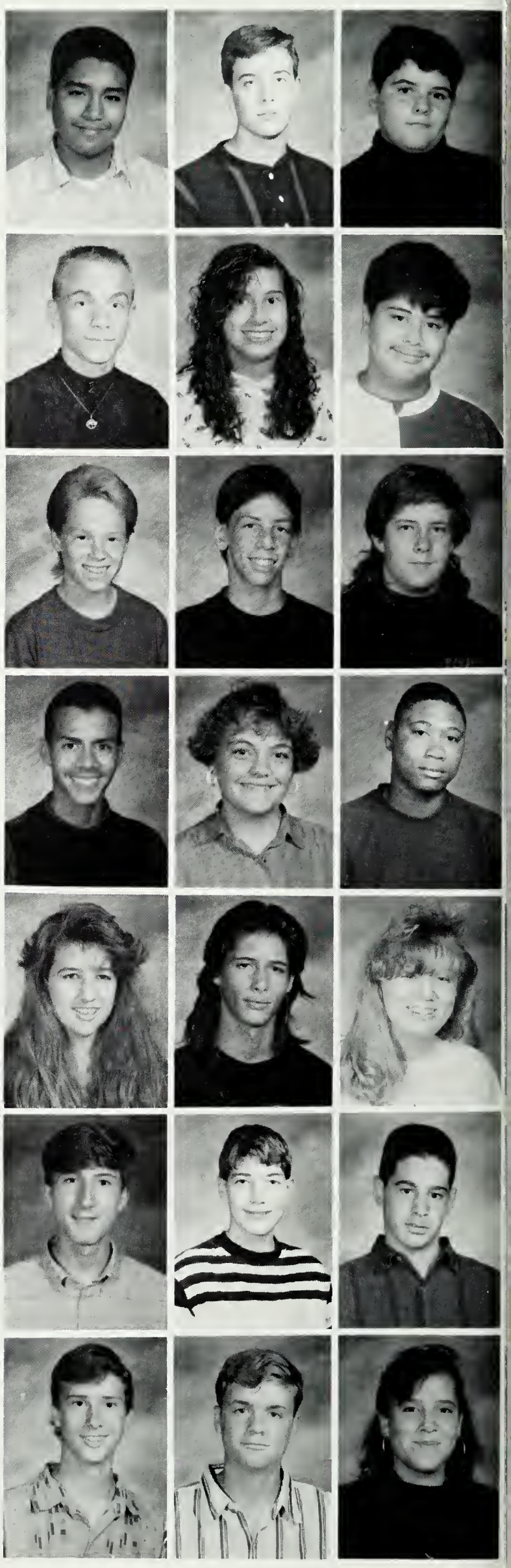
This year the students came at night so that they could experience the first tour of high school with their parents. Ms. Kathy Kunze, guidance director, explained, "Some parents were a little apprehensive about sending their kids off to high school." She also added that most students found the school less intimidating and got a more positive feel for the school without all of the older students present.

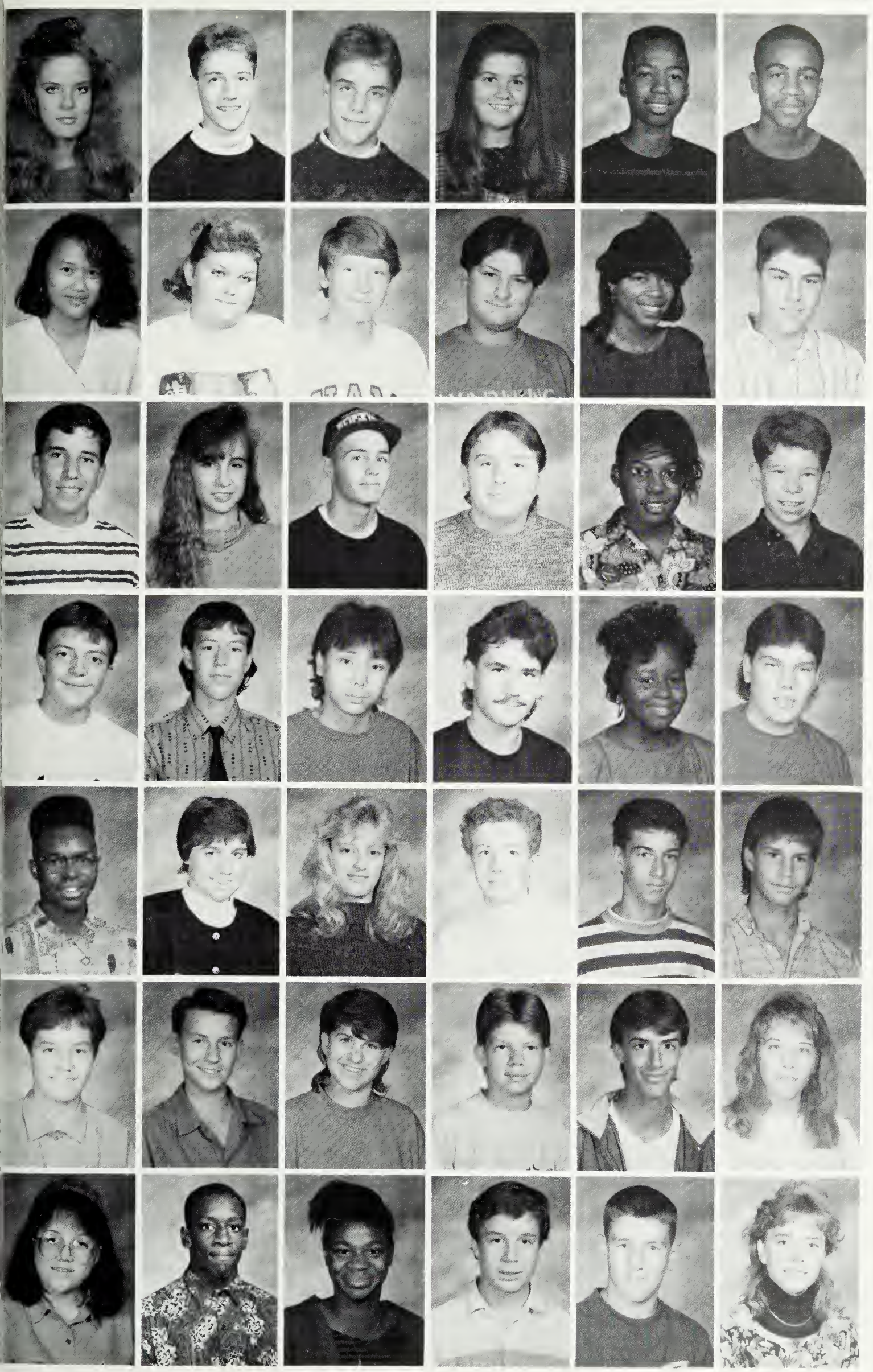
Christy Smith said, "It was fun. On the first day of school, I came in and knew where to go, thanks to orientation."

Orientation, even though held at night, introduced all of the activities sponsored by the school and explained the differences between middle school and senior high. It also seemed to cut down on the problem of seniors selling fake pool passes and elevator keys to unsuspecting freshmen. - By Angela Stanley

For freshmen orentation, Stacie Clemons shows Leslie Melvin and Robin Purdy the cafeteria entrance on the English hall. Not only did they get a tour, but also an explanation of the confusing times of the lunches.







Juan Cabanez
Brandon Callan
Randy Cameresi
Carrie Caplanis
Dave Caramanica
Greg Caramanica
Heather Carey
Maurice Carr
Lorenzo Carter

Micheal Carver
Jeanie Cassidy
Donald Chapman
dvarack Chounramony
Susan Clark
Bryan Clarke
Paul Cline
Dorothy Cobbs
Mike Colangelo

Johnathan Cole
Don Collins
Kevin Cottle
Bobby Courtnage
Michelle Coxton
Mike Crabtree
Chris Critchfield
Arnelle Croom
Christopher Crowder

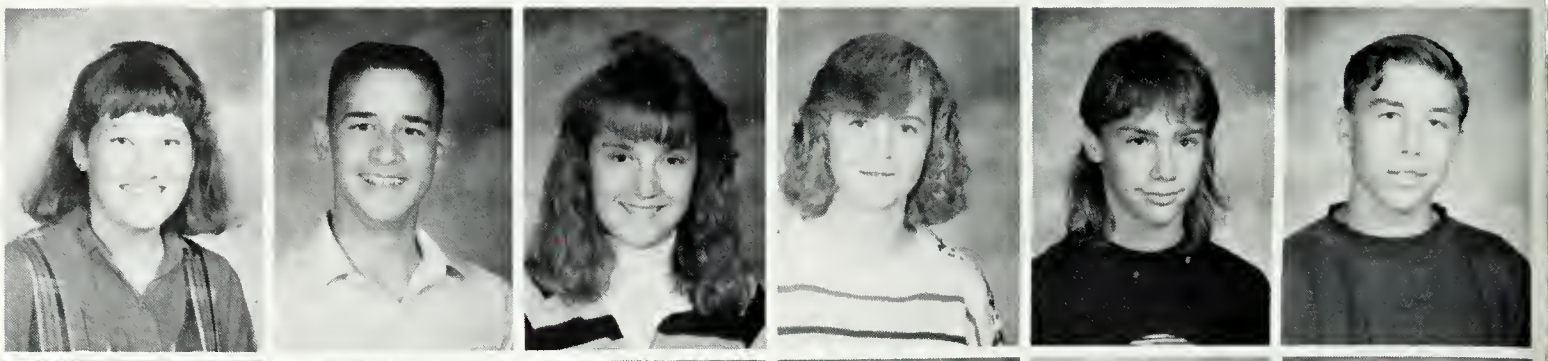
Dennis Cruz
Tanya Cumberland
Jermaine Curtis
Bucky Daniel
Dan Danielson
Darrell Dao
Jimmy Davis
Rochelle Davis
Shannon Davis

Heather Day
John Deaton
Jennifer Decker
Oscar Dentley
Christina Denton
Sarah Deptula
Jason Deveikis
Robert Deverick
James Dinsmore

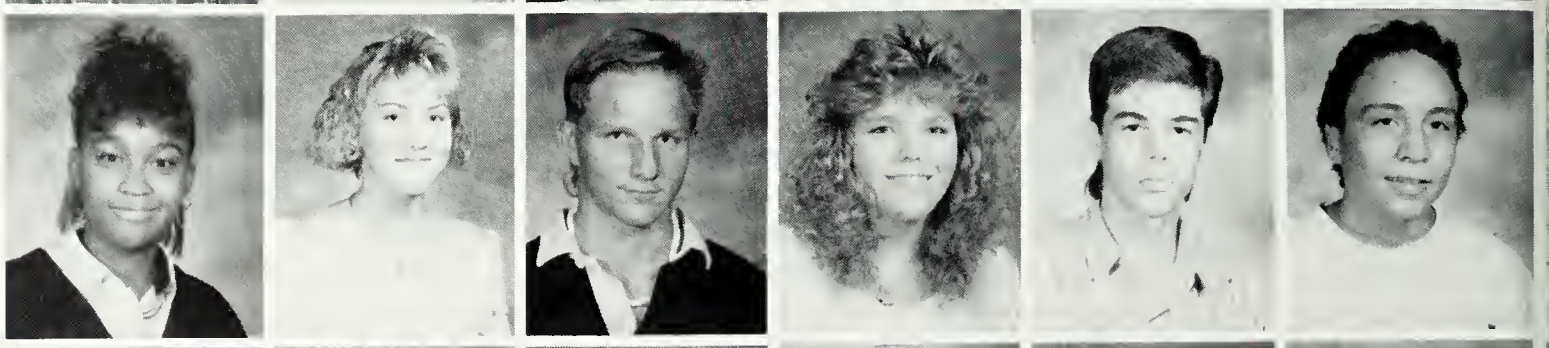
Eric Dixon
Travis Dodson
Edward Donahue
Vanessa Donnelly
Rhett Donovan
Jennifer Dorigatti
Steven Doss
Patrick Dowd
Rebecca Dowell

Mark Dudley
Jeremy Duff
Deanna Durden
Kelli Durham
Robert Edmonds
Latessas Elliott
Alfred Ellis
Jay Ellis
Carmella Empey

Lauren Epke
Scott Epple
Tracy Ester
Stacy Eveslage
John Fair
Brian Fairchild
Chris Farmer
Sarah Faunce
Kabir Fazelyer



Torria Featherstone
Crystal Ferguson
Jeremy Fielding
Rhonda Figgatt
Sean Floars
Jose Flores
Ian Flynn
April Ford
Linda Forsythe



Lea Forsythe
Michelle Foss
John Foster
Sharonette Foster
Leon Fox
Rhonda Freeze
Scott Furbee
Christle Gainey
Alex Galeano

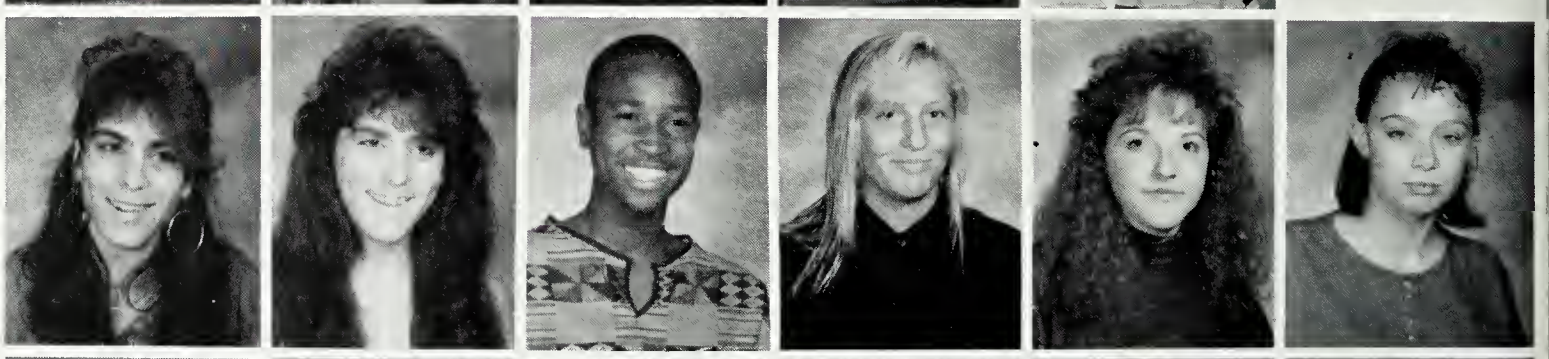


Nicole Garcelon
Tobie Garner
Michelle Garza
Ralph George
Jennifer Ghisolfi
Josh Gibbs
Melissa Giles
Demetrius Golden
Bobby Golding

Damien Gonzalez
Jennifer Gooding
Ian Goodman
Meredith Goodwin
Scott Gordon
Vincent Gorham
Phillip Graham
Angela Gray
Angela Green



Faith Green
Hope Green
Marcus Green
Jennifer Greene
Angela Griffith
Sharon Grimsley
Tabitha Hamm
Rachael Happ
Sheryl Harris



Angie Haulton
Randy Hawkins
Christopher Hayden
Jennifer Hayden
Carrie Heinzmann
Heather Hellmuth
Micah Henry
Eric Henson
Brian Herdt





HELP THE SYSTEM?

Although pamphlets were sent out to students, they still may not have known about School Based Management. New in the county, SBM meant that schools made their own goals supported by their own budget.

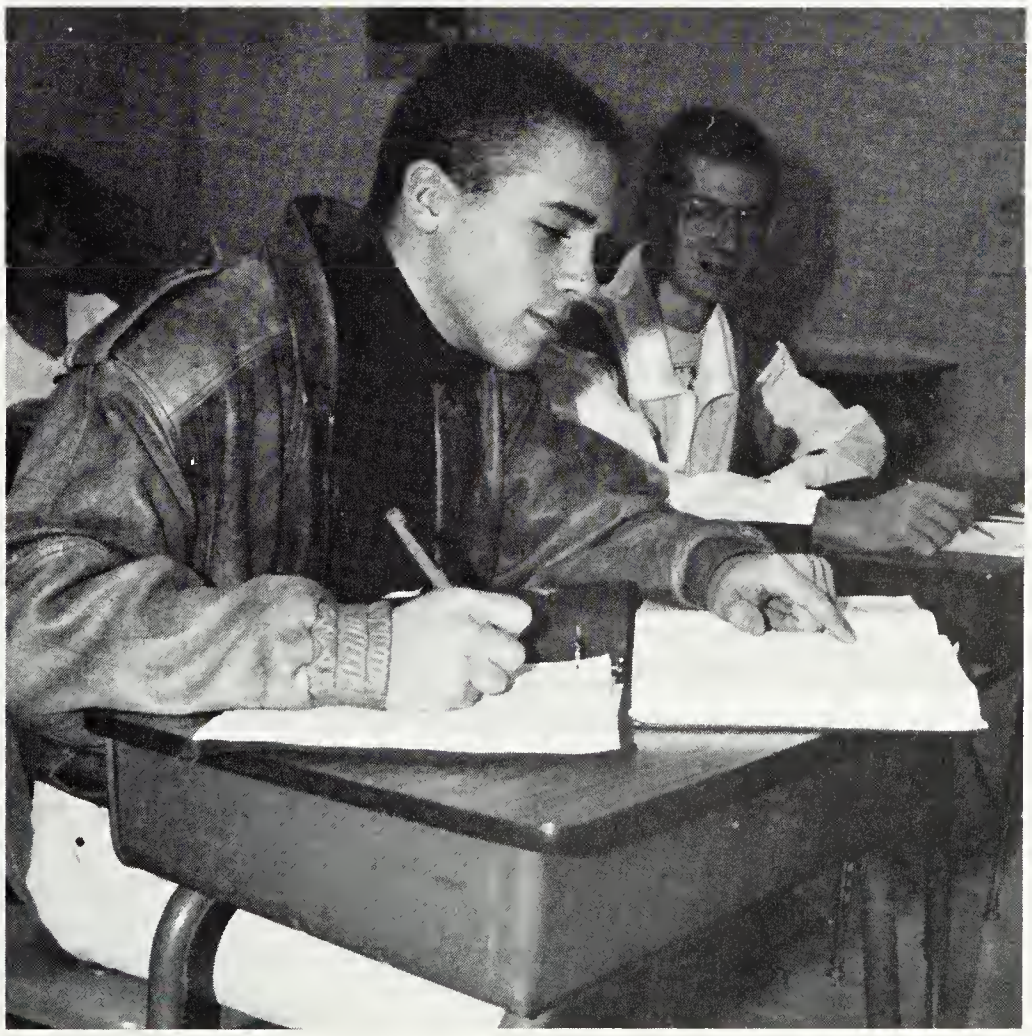
There were many advantages to this system. One was that decisions were made where the problem was, not at Independent Hill. Mrs. Ann Lockett said, "I feel secure that schools can make their own decisions, and they should."

Teachers were more involved because they had a say in what the school spent money on. The department heads had more flexibility as they could order supplies throughout the year instead of just for the first few months of school. "I agree with the system and feel it can work," said Mr. Marc Maloney. One of the ways the department heads conserved money and resources was by saving the amount of paper used, which also was helpful to the environment.

The disadvantage included less unity within the county. SBM meant schools had different goals and managed money differently. Schools also took on separate curriculums, not the same as the whole county.

Time would tell whether or not this was a success. The first year was too soon to tell how well it worked. - By Catherine Ramsey

Tom King works on problems out of his new forty-dollar calculus book. After losing his first book, he had to pay the full cost of a new one due to the School Based Management program, where before he would have paid the cost of the used book.



Was it a classic or

JUST A FAD?

They were all different - hard, soft, cuddly, rough, or colorful. They cost anywhere form $.99 to $3.00, with the purchase of a food item. Everyone, young and old, wanted one.

Fast food toys were the promotional gimmick of almost every burger business, whether it was McDonalds with Mario Brothers, Burger King with Bart Simpson, the craze was the same. "Even older men come in and ask for our toys, saying it's for their 'little girl,' but we know better," said John Hamm, a Hardee's employee.

The idea behind the toys was to advertise during children's television shows to get kids to ask parents to make the purchase. The idea spread, as could be seen in cars, lockers, and rooms. Left over toys were distributed among the employees and from there on to their friends.

Fast food toy collectors were encouraged to keep collecting because someday investments could pay off. "Someone recently bought our '86 set of raisin men for $250!" said Lou Fox, manager of Hardees.

No matter where the toys came from, every toy had its own uniqueness. This made the toy more valuable to the customers and added to the fast food craze. - By Debi Gabriel

With the placement of Maggie Simpson in the equipment cabinet, A.J. Wagner finishes the collection of Simpsons. The toys, from Burger King, became the unofficial mascots of Mr. Bill Moreland's Physics II class.







Amy Heywood
David Hieber
Terry Hinegardner
Helen Hines
Jamie Hinkle
James Hjelm
Delores Holcombe
John Homan
Yong Hong

Jeff Hooper
Lisa Hopkins
David Howard
Jerahmi Howard
Tanisha Howard
Christopher Hudson
Shawn Huffman
Wendy Huizenga
Thuy Huynh

Ehnoi Ienemanyvong
Phongeu Ienemanyvong
Danny Ingerson
Tracy Inman
Trinita Jackson
Corey Jamison
Jennifer Jarvis
Cliff Jespersen
Christina Jewett

Latasha Johnson
Miranda Johnson
Monica Johnson
Rebekah Johnson
Robert Johnson
Shannon Johnson
Shirrelle Johnson
Ben Jones
Joel Jones

Marcus Jones
Reginald Jones
Sheila Jones
Wayne Jones
Casey Jones
Marcellus Juggins
Steven Justice
Edward Keenan
Woody Keller

Ethan Kent
Angel King
Danylssa Kinghorn
Sean Kirkhart
Glendale Kirkland
Brenda Kitchen
Sunny Kleven
Charles Knott
Christopher Knott

Jesse Koster
Jennifer Kraft
Matthew Kurylo
Mandy Lake
Dominic Lane
Robert Lannoye
Laura Laskofski
Ronda Law
Spence Lawrence

Jeremiah Lazenby
Michelle Leckner
Mandi Lee
Sam Lee
Yung Lee
Stephen Lemeshewsky
Karla Leopola
Refiloe Lethunya
April Lewis

Athena Lewis
Steve Lewis
Jason Long
Perla Lovenzana
Daven Loy
Eric Lyons
Stephanie MacForlane
Gary MacKinlay
Angela Modagan

Mike Maddox
Ivonne Magallones
Augustus Mahoney
Deepa Malladi
Kelly Malone
Honey Marcos
Crystal Marshall
Jennifer Martin
Luis Martinez

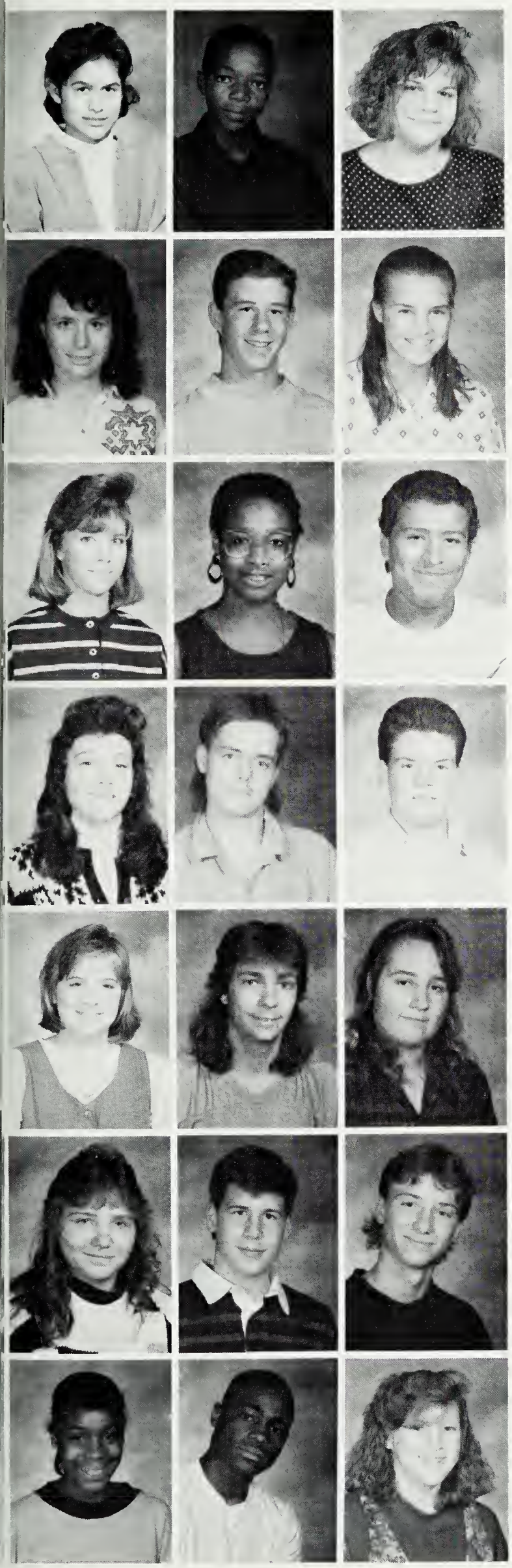
Paul Martinez
Andrea Mason
Alicia Massey
Eric Massie
Mike Mathern
Kari McCarley
Ashley McCormack
Benny McCroskey
Bryan McDonald

John McGovern
Chris McGuin
Jenna McGuire
Kelly McIntosh
Daniel McMahan
Dominique McMahan
Alona McNamora
Kevin Meade
Connie Meadows

Scott Meininger
Melisa Meisels
Leslie Melvin
Krista Merritt
Jeanmari Michael
Amy Miller
Mary Miller
Jim Minchin
David Moody

Lori Morales
Jamie Morrow
Gina Mullins
Pamela Myles
Ahmed Najar
Janette Najar
Bernita Neal
Nokia Neal
Christine Nelson





AFTER 2 ?

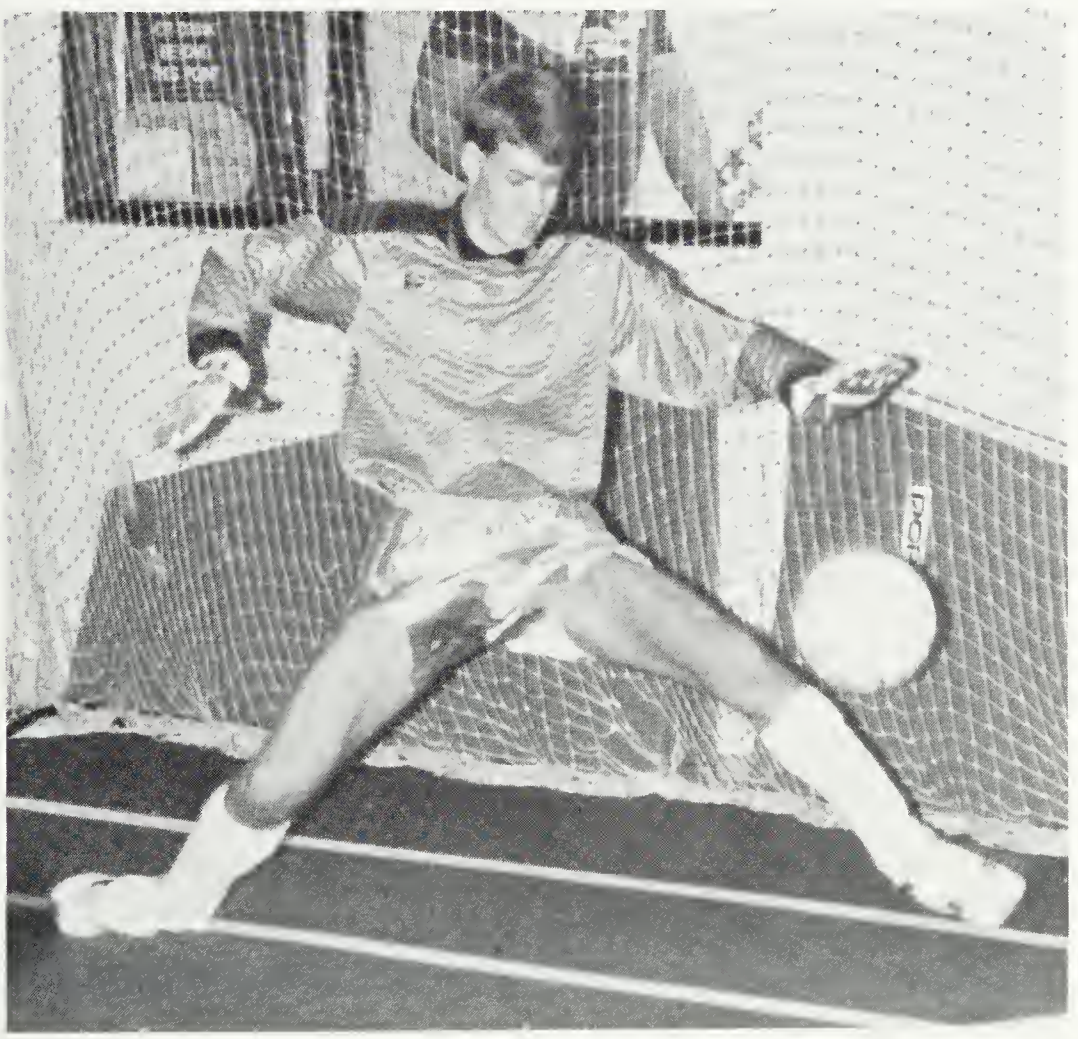
"Five, four, three, two, one.." Beep!! "I'm free at last!" yelled an anonymous student at the sound of the bell. Gasping, he struggled his way through the crowds to the one door that separated him from outside. With his last ounce of strength, he pushed the door open and gulped down the air as if it was his last breath. He stood there, completely unprepared for what was about to happen. He was hit by the dreaded after school blues - eight hours of freedom - a time to do "anything but homework," as Ashley Rogers said.

Renee Ruffings headed to Larson's Gym every Monday and Thursday for taekwondo classes. She said, "I stay up late to get my homework done, but I still do it because it's great self-defense and an awesome way to relieve stress."

Others fell victim to the empty wallet disease and took to work. Jenny Tribe, who worked as a receptionist, said, "I need to make money for a trip this summer, so I had to get a job." After school jobs sometimes conflicted with schoolwork, however, and when grades dropped, the job had to go.

No matter what it was, students had all afternoon to spend doing whatever made them happy. So they picked up the phone, opened a bag of chips, got in the car, and found their cure for their after school blues. - By Stefanie Hipple

Goalie Alex McCord stretches in an attempt to block the ball against his GarField opponents. Alex spent his time on Potomac's indoor soccer team which played at the Arena Sports and Fitness Center.



With its popularity, hockey

PICKS UP SPEED

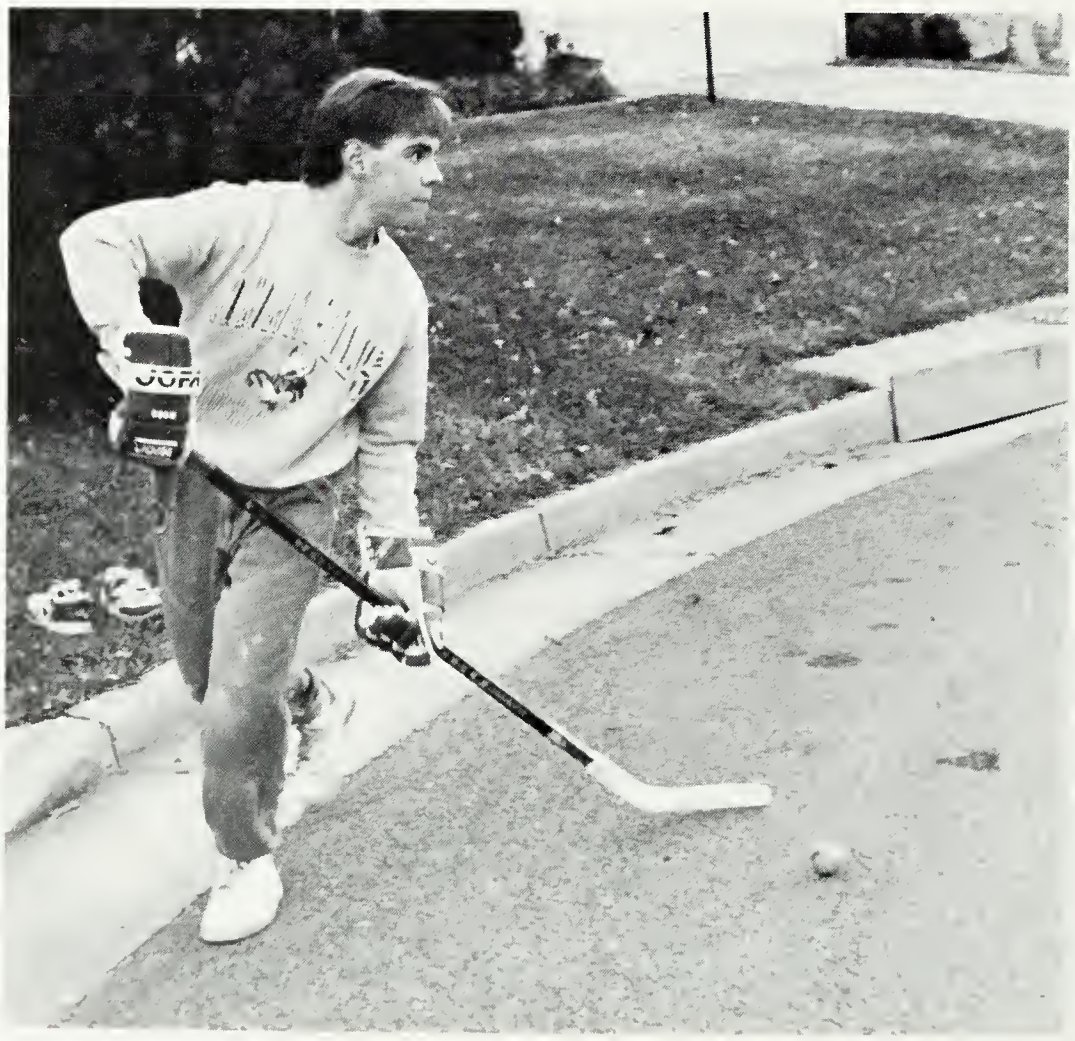
"...Hunter wins the draw outside the Bruin's blue line, passes back to Tatarnov, then on to Cicerelli at right wing. Dino's in over the line and hit hard by Borque. Langway presses in and picks up the lose puck..."

Hockey isn't a sport for the faint at heart or for fun-seekers. It means speed, agility, and brute force. It is the world's fastest moving team sport. In any form - street, deck, field or ice - hockey offers pure excitement.

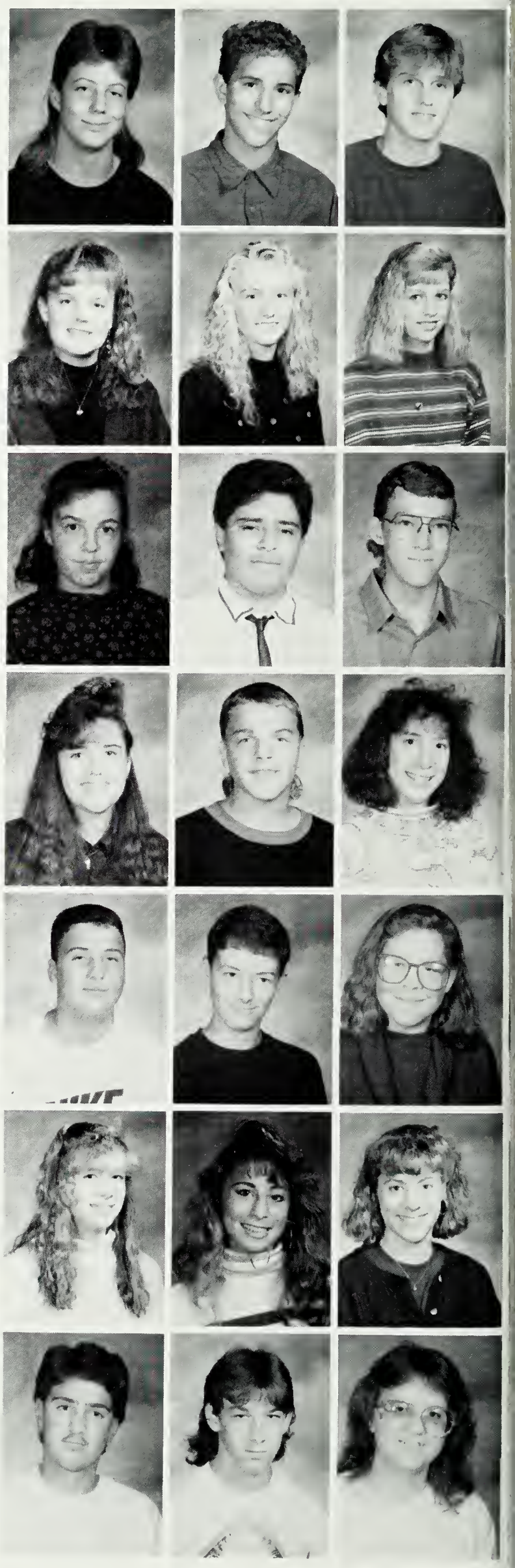
Although there was no school sponsored hockey team, many students played amongst themselves or in organized leagues. Brian Blankenship, who played at the Arena Sports and Fitness Center, commented, "Hockey is a great way to meet all different kinds of people. We can all come together and contribute as a team to the win."

Without an ice rink not readily available, many students played on roller blades, with wheels down the center of the skate. They gave a fairly good simulation of ice skating. Ben Jones said, "With roller blades, you have the ability to always hold an edge. It's much eaisier to lose your edge on ice and fall."

"...Rod passes to Ridley who sends a onetimer through traffic. It's deflected off Miller's stick past Moog, and Washington takes the lead 4-3 with 3:26 left in the third." - By Mike Overton



Working his way to the goal, Brian Blankenship looks back to make a pass to his brother. Students frequently met after school to practice skills or play a pick-up game with friends.





Ryan Neraasen
Sean Nieves
Tom Nutton
Dana O'Kelly
Aimee Ortiz
Michelle Osborne
Andy Oscar
Michael Otley
Linda Ours

Jodi Overand
Tammy Page
Becky Parker
Paul Patterson
Troy Ann Patterson
Zekia Patterson
Willie Patton
Jessica Pavia
Kelly Pearce

Paula Peterson
Carlos Perez
Karl Peskie
Jackson Pethtal
Vatgsana Phayvanh
Robert Pike
Mike Pittman
Shamika Pope
Lindsey Priestly

Robyn Purdy
Joshua Quincy
Azure Rae
Shane Rakes
Aprille Rangel
Lashawn Rankin
Sam Rasso
Andrew Ravert
Sara Reaman

William Reamy
Eric Redmond
Kimberly Reiter
Cassandra Reynolds
Justin Rillon
Felix Rivera
Alexander Rodriquez
Kim Rooker
Mark Ross

Karen Roy
Michelle Rubio
Marybeth Rucker
Tami Ruhren
Kenric Russell
Matthew Russell
Daniel Rutkoskie
Ann Saliski
Karen Salomon

Daniel Sava
Jason Saville
Erin Schoffstall
Shawn Schultz
Meredith Schwenke
Kathryn Schwetze
Stacy Scites
Alicia Sclater
David Scott

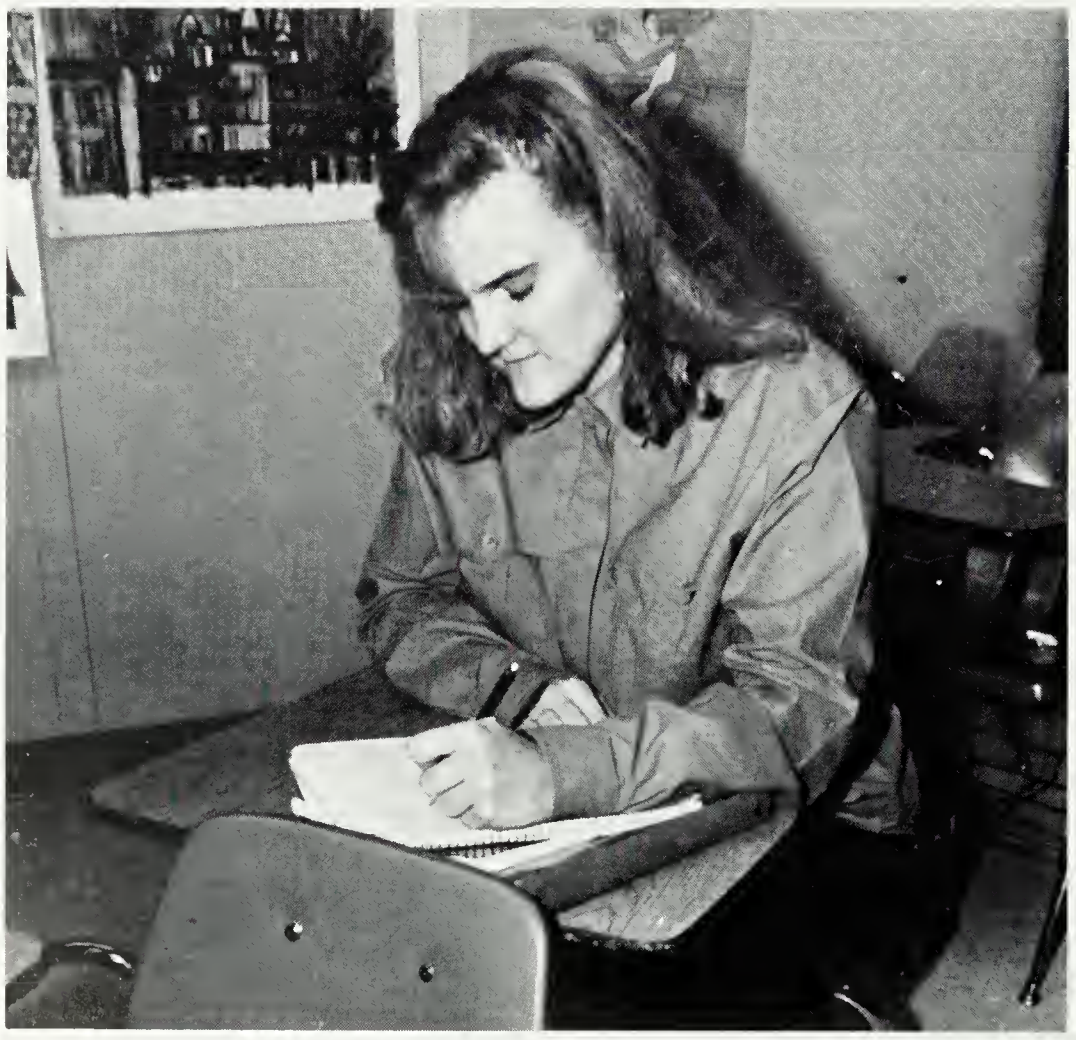
THE BIG CURSE

They were witches. They were warlocks. Whatever they were, they were evil and burned at the stake. They did everything backwards. They were left-handed. Luckily, left-handed people aren't in as much danger as they would have been had they lived back in the 1600's.

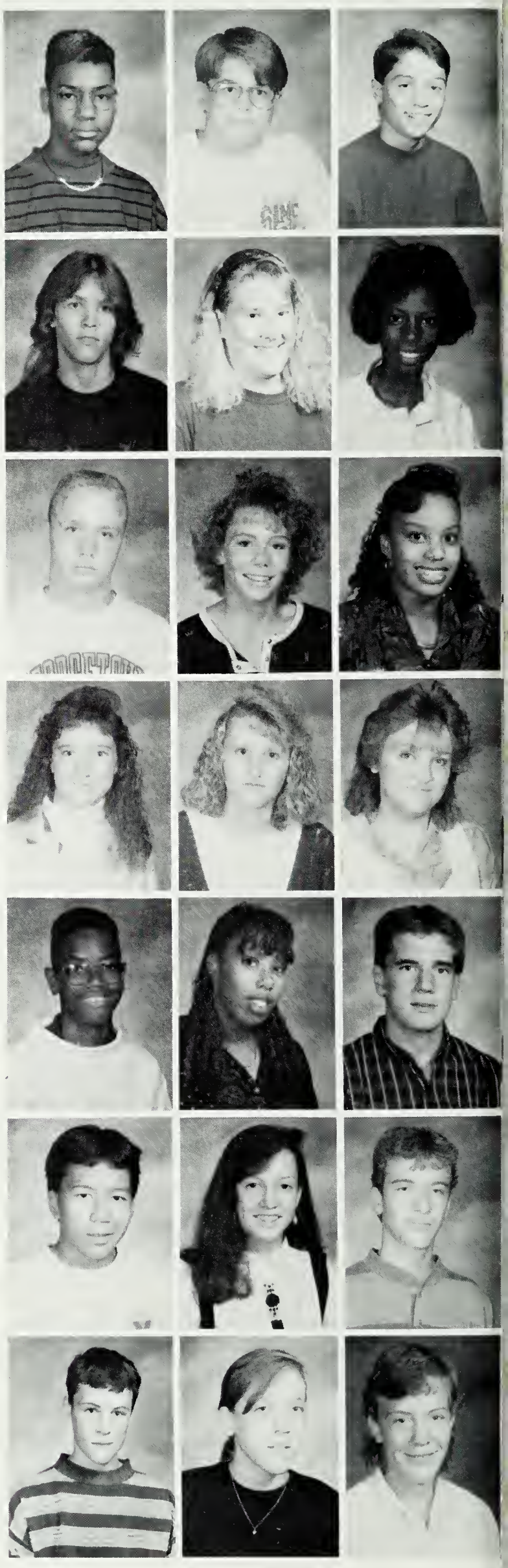
Only 10% of all people were left-handed. "There aren't many left-handers; it's rare and I like it," said Ann Knowles. Shirts and bumper stickers helped increase left-handed popularity, proclaiming activities that lefties did better than righties.

Smudging pencil across a new sheet of paper while writing was annoying. Constant bumping elbows at the dinner table with right-handed people and spilling drinks while reaching for more food were more drawbacks. Jason Quincy laughed, "I'm clumsy, so I'm constantly knocking something over!"

"I feel priviledged because there are not many left-handers and I like being unique," said Mikey Dovberg. So whether pencil was smudged across a fresh, clean sheet of paper or finding the right, or rather left, desk seemed impossible, being left-handed was very special. - By Michelle Cook



While learning about *L'Art de l'Absurd,* Marianne Connolly takes notes in French. As a left-hander, she had to find a way to cope with right-handed desks around the school.





Justin Scroggins
John Seekins
Brad Seipp
Phonephet Sengsaurinh
Sharita Shanaz
Moira Shea
Beau Shirley
Stacey Simmons
Amy Sims

Lenny Sisk
Pam Slater
Lutreece Small
Brian Smith
Christina Smith
Devin Smith
James Smith
Jeff Smith
Jim Smith

Matt Smith
Nicole Smith
Pam Smith
Tionne Smith
Michelle Spencer
Myla Spencer
Ronnie Spurlin
Chiquita Stallworth
Tracy Stauffer

Candace Stevens
Jennifer Stewart
Tawanna Sticker
Terry Stockslager
Ronnie Stone
Valerya Stotland
Saebra Stott
Karen Sullivan
Bryant Summers

Chastri Swanson
Yolanda Tate
Chris Taylor
Katrina Terry
Dante Thomas
Douglas Thumm
Christine Tismanard
Mike Tolman
Joe Tooker

Kenfrank Tra
Carolyn Trexler
Michael Tribe
Brian Truslow
Cal Turner
Laurie Turner
Venisa Tynes
Heather Udell
Carey Uttlerback

Pat VanHauerbeke
Sara Vanord
Brian VanSickle
Dano VanSumeren
Nathan Vaughn
Nicole Viar
Ana Vizcaya
Chris Wakefield
Tamika Walker

UNDER THE BED ZONE

Lurking beneath the shadows, a mangled form slides across the floor. Your eyes slowly creep across its distorted form, examining its curves and the saliva dripping from its hairy chin. Layers of perspiration bead on your brow when you realize that you are an unwelcome guest into another dimension, "Under The Bed" Zone.

Students didn't shelter demons under their beds but objects and feelings which revealed aspects of their personalities. "I keep an old doll under my bed my parents gave me for my fifth birthday. Something inside of me can't let go of that part of my past," said Sherry Acuesta. Boxes of old papers from the third grade, socks stained with the sweat of soccer practice, and magazines splattered with the photos of superstars characterized many floors.

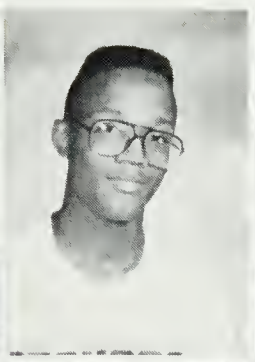
Even simple objects carelessly thrown on the floor slowly found their way beneath the box springs. "All the junk I keep there would convince somebody that I'm the kind of person who'd rather spend time making friends and keeping up with life than cleaning a room," said Marina Maltezos.

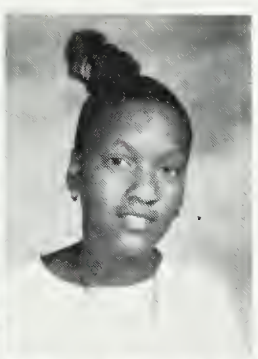
Whether students kept a collection of memorabilia or thousands of clean, Lysol-saturated molecules of oxygen beneath their beds, their characters and aspirations were mirrored by the objects contained in their own dimension of "under the bed" zone. - By Abigail Brdges





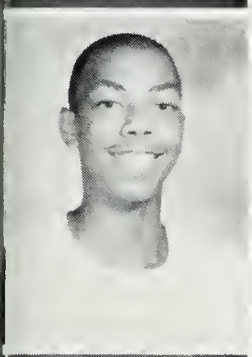
Organizing the mess beneath her bed, Tara Rohren pulls out magazines and papers dating back several years. The space under the bed was often converted to storage as the trash was never appropriate for memories.

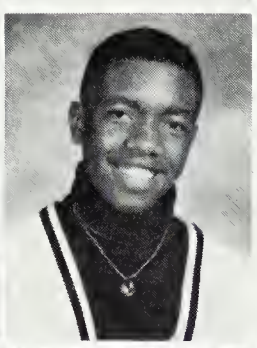
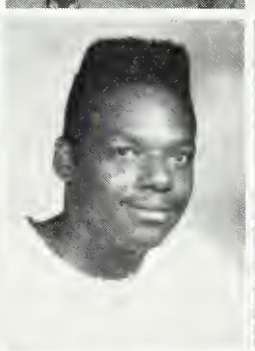





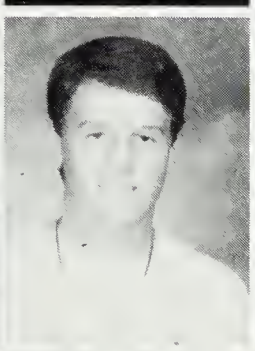


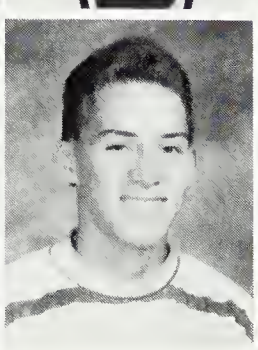
Dishyka Wallace
Freddie Wallace
Samatha Wallachy
Nathaniel Walton
Lochise Wanzer
Shannon Washington
Sharon Washington
Tiffany Washington
Chris Wellman

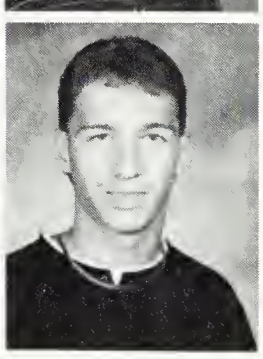


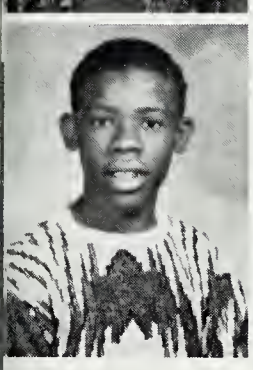

James Whitehead
Mike Whifield
Donny Widener
Derrick Williams
Floydette Williams
Latanya Williams
Tildon Williams
Yarnell Williams
Jessica Winchester





Vincent Windsor
Michael Wolter
Kendall Woolen
Jeff Wools
Tanisha Wrenn
Jason Wynn
Keegan Yager
Christine Yesko
Norman Yoder




Tony Youmans
Nora Collins



Reading an English mystery, Chris Payant tries to escape from the unknown lurking beneath his bed. Old assignments and dirty socks that found their way under students' beds revealed key aspects of their character.

Mike Babuschak Art
Rena Brooks English, International Club
Gail Brown ISS
Jean Cahall Distributive Education
Eddie Campbell Administration Assistant
Joseph Cardinale Power and Transportation, Manufacturing

David Carr Marketing, Fresh Ftbl, Wres Asst
David Cassady World Studies, Var Ftbl Asst, Girls JV Bsktbl, Track
David Colcombe Social Studies, Fresh Ftbl, Stbl
John Compel Asst Principal
Ann DiMedio English, Class of 93
Valerie Dobbs Secretary

Helen Dodson Math
Patricia Droves Guidance, SCA
Janet Dunivin Library Secretary
Michael Dyre Earth Science, Class of 91
Patricia Emmons Social Studies, Dept Chair, NHS
Michael Eye English, JV Bsbl, Class of 92

Gary Fekete Math, Var Ftbl Asst, Asst Track
Barbara Ferguson Math
Evelyn Fleming Home Economics
Diane Fontana Latin, Latin Club
Jenny Forgas Special Education, Dept Chair
Floyd Freeze Business, FBLA



Ms. Jean Guadet reads through the instruction manual on a new computer program recently received by the library. Ms. Guadet was required to learn a program inside and out so she could teach others how to use it.



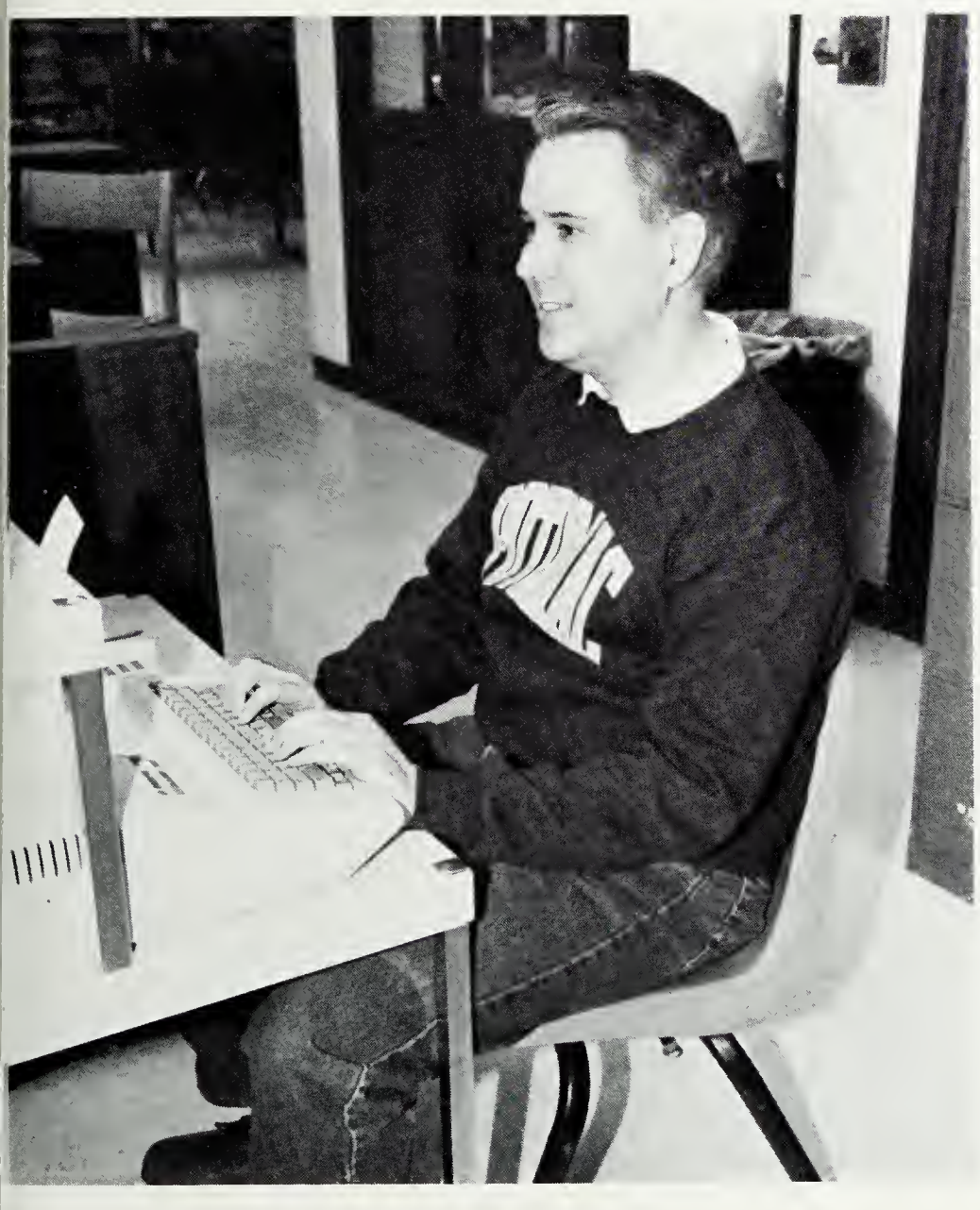


Marlon Frizzle Business, FBLA
Bill Fulp Library/Media Specialist
Jean Gaudet Libraian/Technology Specialist, Gymnastics
Melvin Goodwyn Choir
Sharon Gregory HPE, JV Sftbl, Varsity Girls Bsktbl Asst, Fresh Vlybl
Kendall Hayes HPE, Boys Varsity Bsktbl, Boys JV Soccer

Maureen Hijar Math, Class of 94
Valerie Hillyer English
Elizabeth Hogan Life Management, Independent Living
Faith Holcome English, NHS
Robert Holley Science
Vivian Ivey Librarian, Black History Club

Anita Jackson Special Education
Courtney Jones Career Counsler, Peer Counselors, Substance Abuse Committee
Aaron Jordan Asst Principal
Dan Kearney Health and PE, Boys Varsity Basktbl Asst
Mark Kozlowski English
Charlotte Kulbacki Math, PSAT/SAT, Math Club

Penny Lake English
Carolyn Leggett Art
Clarence Leggett Industrial Arts
Ann Lockett Principal
Barbara Lunsford Keyboarding, Computer Concepts
Barry Maguire English, SADD



Behind the Scenes

Behind the scenes, there were aspects to the library other than just a place to find books. With new technology and advanced equipment, a specialist was required to operate the complex machines. Ms. Jean Guadet was promoted to Technology Specialist. This job was designed to teach students and teachers how to use the machines like computers, satellites, and television equipment.

This position was the first in the state. Each school was required to have a Technology Librarian so the school personnel and students knew what was avaliable and how to use it.

To aquire this position, Ms. Guadet took advanced graduate and additional computer classes.

As Ms. Guadet said, "My new position was very enjoyable, and hopefully I helped everyone learn more about the opportunities in technology."

When Ms. Guadet took the technology position, Mr. Bill Fulp accepted the vacant librarian position. Mr. Fulp studied library science and was excited about taking the librarian position. The variety of jobs he does hooked him on the new job. -By Karen Oswalt

Mr. Bill Fulp types up a list of overdue books to be passed out to students. Modern technology had its advantages. The use of the computer made calling up overdue books easier and much quicker.

Kathleen Mahoney English, Journalism, PHS Class
Karen Mays HPE, JV Varsity Vlybl Asst, Varsity Girls Soccer
Joseph McDade Ind Arts
Trina McFarland Art
Sandy Mercer Math, Guid Dept Intern
Gloria Miller French, For Lang Dept Chair

Sandra Moller English, Dept Chair
Cindy Morrell Bookkeeper
Deborah Neuhard English, Drama, Drama Club
Brenda Noto Biology
Mary Lou Parsons Algebra
Antoinette Payne Vocational Resource

Louvenia Quash Special Education
Susan Ratt Home Ec
Dee Ritenour Switchboard Operator
Bridget Rose French, French Club
Ernestine Roth Spanish
Karen Rubus English, Photojournalism/Yearbook

Anne Rude Spanish
Alexandra Rustan French
Lorraine Sadler American Studies I
Don Scarr Biology, Wrestling
Margaret Scolerl Business
Kathy Scott Math



Mr. David Cassady looks through a yearbook from his years in high school. As a member of the first graduating class of Potomac, Mr. Cassady remembers when Potomac was just getting started.





Carol Secord Reading Specialist
Marlies Smith German, German Club
Susan Smith Spanish, Spanish Club
Linda Snyder LD Instructional Aide
Karen Spillman Science, Class of 91
Bill Stearns HPE, Cross Country, Indoor Track, Outdoor Track

Charlotte Stultz Social Studies, It's Academic
Beth Suwannarute Office Secretary
Lorrie Weidenbruch English
Jewel Winebarger Secretary
Dora Wybersky Secretary
Michael Young Chemistry, Biology

Mary Zielinski Special Education
Gary Zolman Music, Marching Band



While on hall duty, Mrs. Diane Stevens and Mrs. Gloria Miller joke about when they were in high school. Mrs. Stevens remembers when she attended Woodbridge and realized how much high school has changed.

BACK TO THE FUTURE

Would you ever consider teaching in this county or even here, at Potomac? Ever think about teaching that dreaded Chemistry class you passed by the skin of your teeth, possibly in the same sulfur-smelling room.

Teachers were once students. They went to school - some here, at Potomac. Most knew what their plans were: high school, college, and back to high school again, but this time to teach.

Mr. David Cassady, a member of the first graduating class of Potomac, returned and taught social studies. Of course high school has changed. Mr. Cassady believes "teenagers have bigger decisions now."

Social Studies teacher, Mr. Mickey Mulgrew a graduate from Gar-Field, admitted that he spent a fair amount of time in the principal's office. Now, he only visits the principal's office for meetings. Of course, high school has changed. Mr. Mulgrew said, "Students get a better education now than when I went to school."

Mrs. Diane Stevens, a business teacher and graduate from Woodbridge said, "Another difference is the closeness of the students. We used to be close because of the size of the school.

"High school is the stepping stone to your future," stated Mrs. Bridgette Rose also a Gar-Field graduate. Perhaps it was even the stepping stone back to school again. -By Amy Waldhauser

Committing to the Challenge

"Who here joined for their college applications?" the sponsor asked. The room of students remained silent amid the accusation. Nobody was brave enough to speak. With the knowledge of the club's efforts and goals they realized their commitment had to be strong.

Although clubs and activities did look good on applications, other reasons drove students to participate in clubs. Clubs were places to further interests in a special field, like DECA, where members put on a fashion show and took a field trip to New York to learn more about a marketing career. Clubs also provided an outlet for talents, like NHS members tutoring at Ann Ludwig. Students could also share their views with other people. PSS promoted drug and alcohol free lives and raised money to help out Mike Boyd's family.

There was a club for just about everyone. Academic clubs let students explore new ideas and experiment with their knowledge. Service clubs helped out the community as well as the school. For everybody else, special interest clubs gave students the opportunity to share their skills. "I'm a Teen Counselor because it makes me feel good to share with sixth graders what I have learned growing up," commented Stephanie Miller.

No matter what the reason for joining a club or what activities the club did, the time spent with friends at meetings and activities was welcome relaxation from busy schedules. Students took the time out to take part in their club's activities because they made academic lives just a bit more bearable - all in a day. - By Kris Hetland

DAY IN A LIFE

Reading the script over Chris Crowder's shoulder, Beth Nelson follows the reading at a practice for the Drama Club performance of "The Taming of the Shrew." The play was rehearsed every day for over two months to perfect attitudes and actions of the actors and actresses. Even though the day had an extra period, students found the time to be involved after school with other interests.





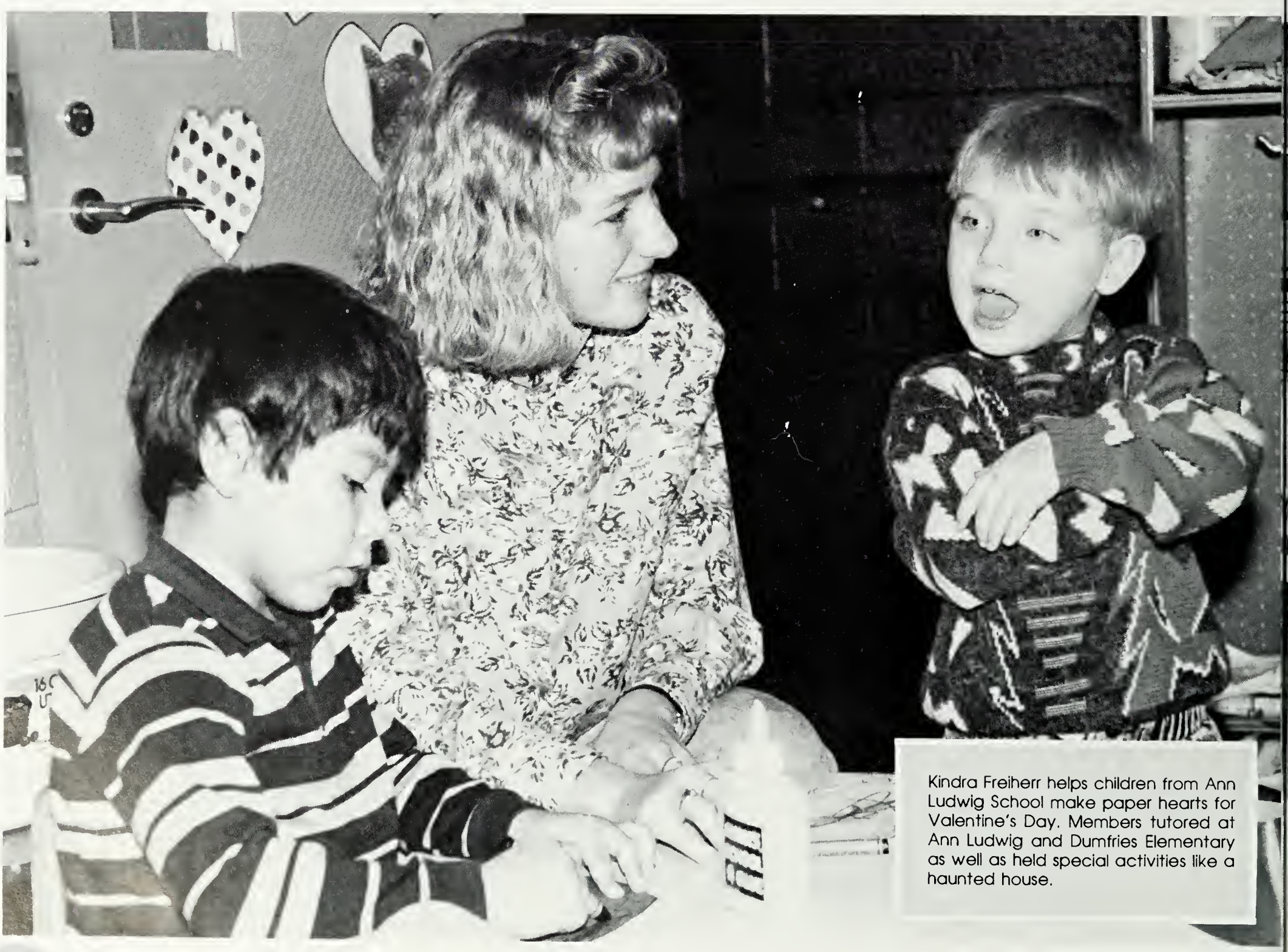
Mikele Galbraith peers into a box of cookies being sold by Mary Claire Knowles and Mrs. Susan Raat of the FHA. The funds from the bake sale were used to buy flea powder for the soldiers in Saudi Arabia in connection with "Operation Something From Home." Even though clubs were not a large part of our day, members utilized their talents to benefit the community.

After school, Reese Veal receives math tutoring from Crissy Seamans. Students often looked to the Honor Soceity members to help them with their classes.



Jon Nelson asks the It's Academic team questions for practice. Jon was team captain when they went to Washington in October to film the television show.





Kindra Freiherr helps children from Ann Ludwig School make paper hearts for Valentine's Day. Members tutored at Ann Ludwig and Dumfries Elementary as well as held special activities like a haunted house.



More than Brains

He sat quietly, thinking. How was he going to get his afternoon activities done: contest practice at two, tutoring at three, and nursing home at seven? He continually juggled his school work and extra-curricular activities. The National Honor Soceity (NHS) and It's Academic had students like him who were active and academically inclined.

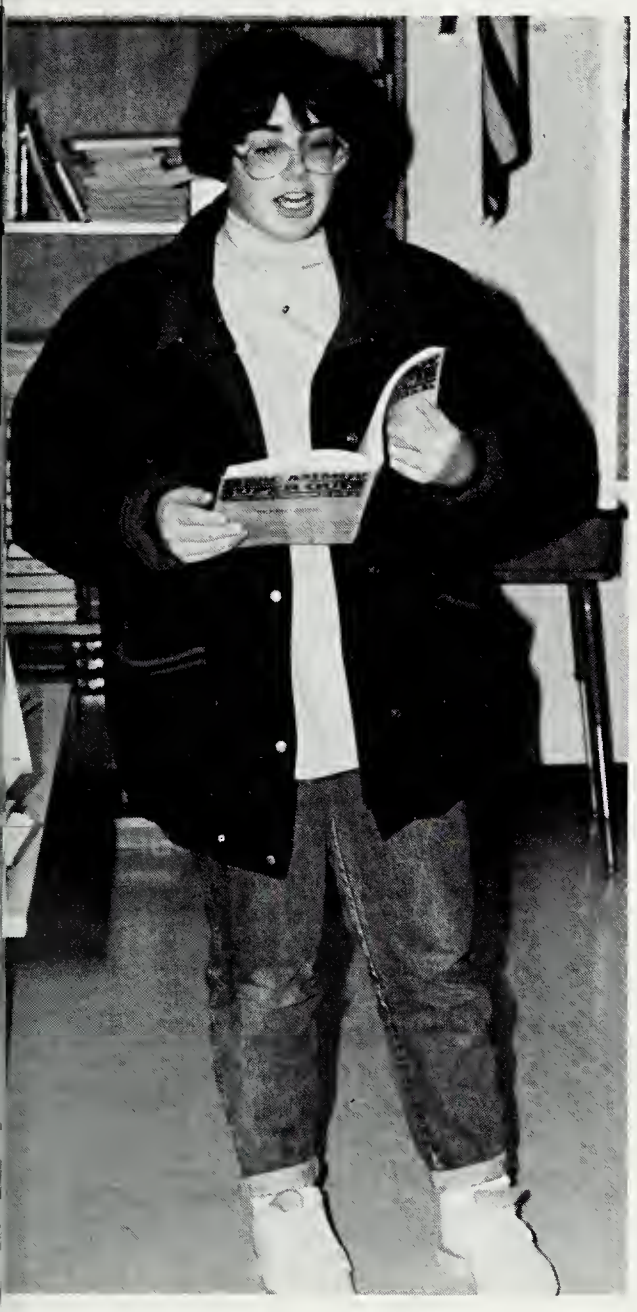
NHS was designed for juniors and seniors to give service to the community and school. They gave teachers goodies in appreciation of their work. After school, they tutored students who wanted help. Members visited the Woodbridge nursing home to keep the residents company. "They have someone to talk to and it's interesting to listen to their life experiences," said Valerie Tidwell.

Scholarship, character, leadership, and service were qualifications needed for induction into NHS. At graduation, recognition came with a special tassle and stole to wear.

"The answer is 5001!" she exclaimed. A few students who had a knack for trivia practiced Thursday afternoons asking questions for It's Academic.

The practice helped for the community competitions, county meets, and the TV show. The team elected Tim Conway, Robert Ghisolfi, and Jon Nelson to be on the show. Robert remembered, "You could cut the tension with a knife. Then everyone got settled down, and we did well compared to last year."

The bell signaling the end of seventh period echoed through his ears. His legs had fallen asleep from sitting so long, but it didn't stop him. With a mind buzzing with trivia, he embarked to change the world by applying his knowledge to the community.



Jennifer Hillmar asks the It's Academic team a question to keep up the trivia. They would often ask each other questions to prepare for their next competition.



Awaiting the next question, Charlie Driscoll sits on the edge of his chair in hopes of buzzing in first and answering the question correctly. The team practiced on Thursday afternoons quizzing each other on miscellaneous topics.

Michelle Gagnon sets up her plate for a technical drawing assignment. Drafting classes made up one part of VICA.

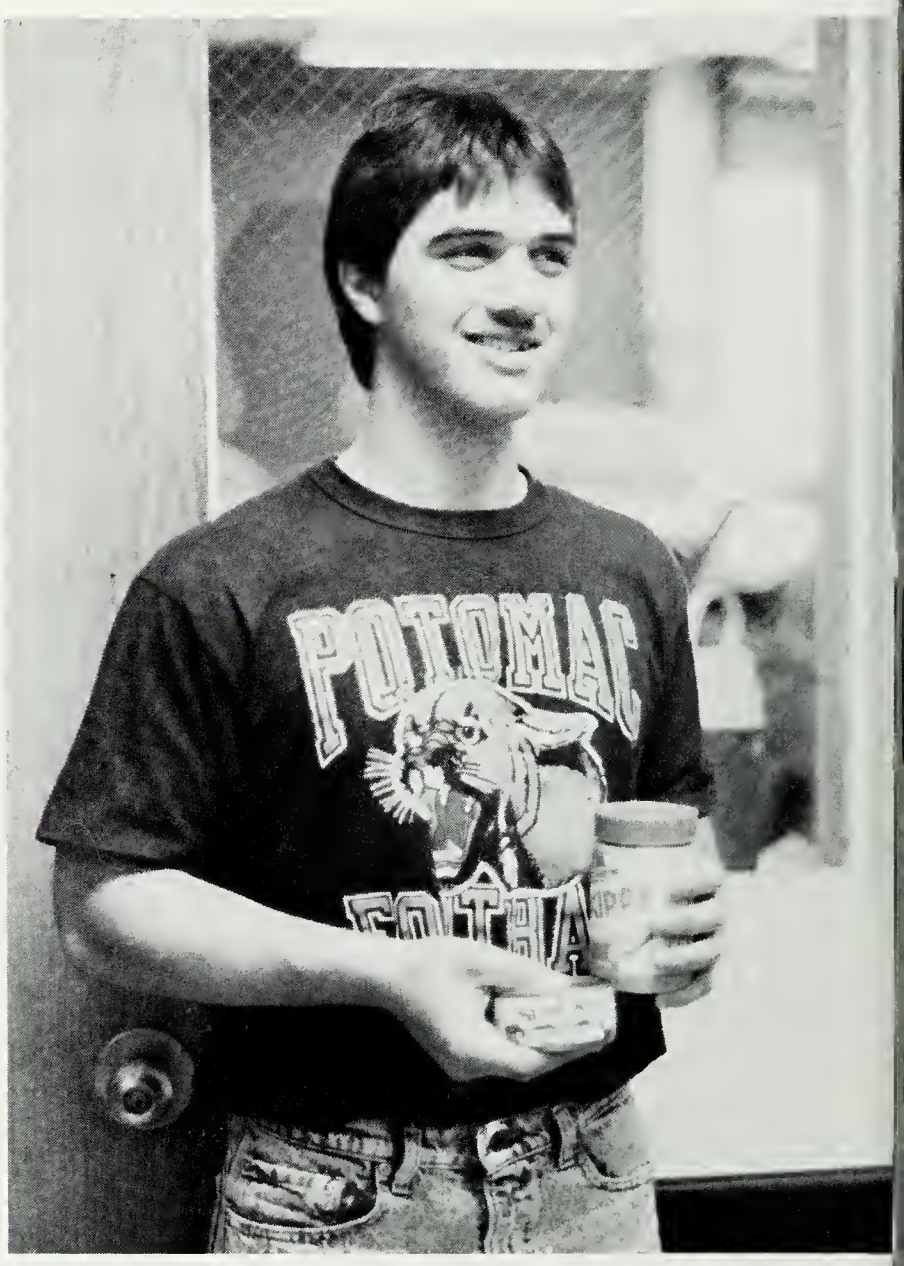


Cicel Washington applies body filler to a school bus. One of their objectives was to restore cars.





Scoring for the faculty, Mr. David Cassady makes a homerun. At the VICA picnic, faculty beat the students in a softball game.



Mike Milligan carries canned goods to Mr. Russ Bowling's office. VICA took part in helping ACTS collect food for Operation Turkey.



Hands On Experience

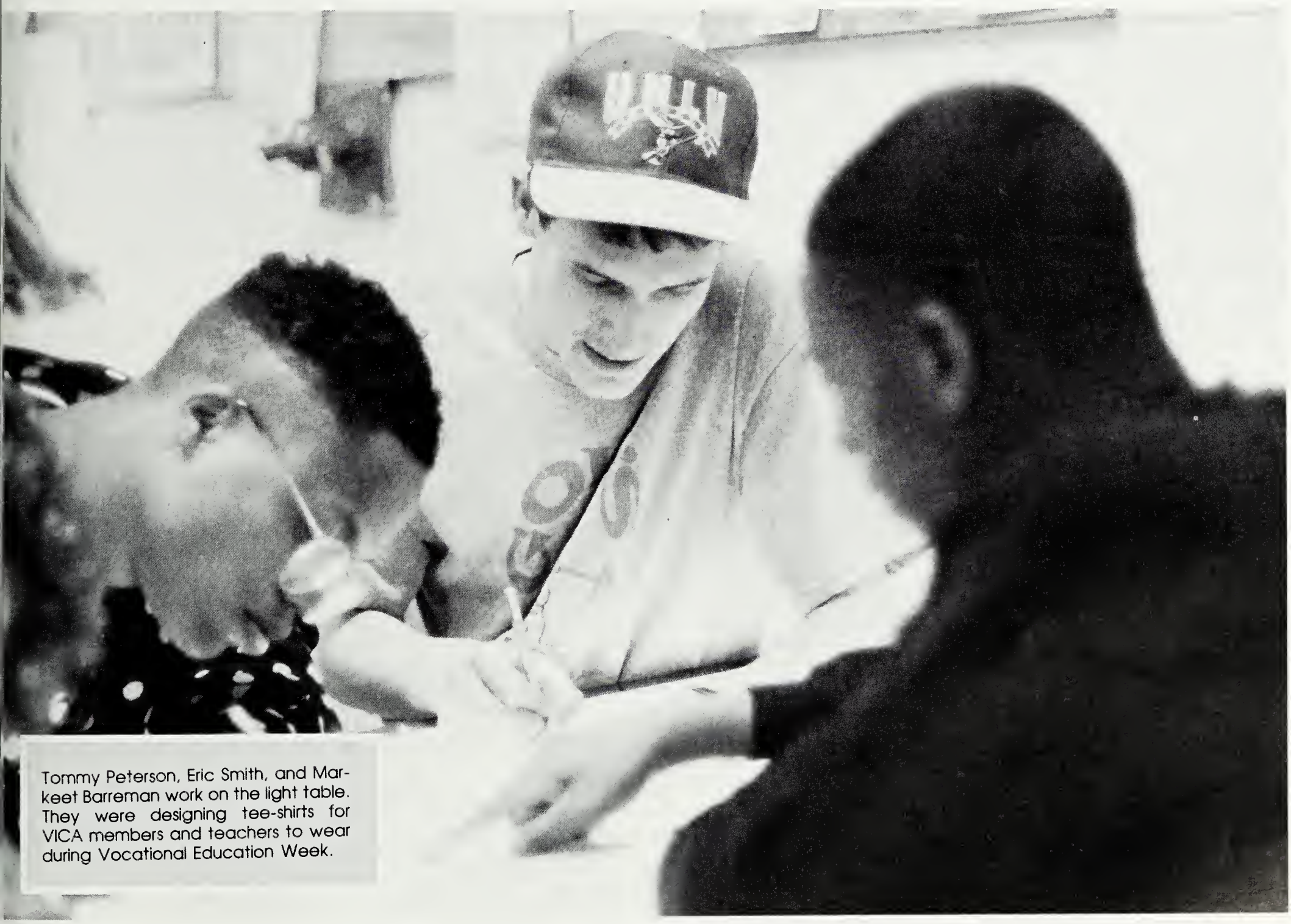
Hamburgers sizzed an the grill as the smell of grease filled the humid, breezy air. Balls were hit and bases were stolen as faculty outscored the students in the softball game. The first annual VICA picnic was underway.

Held at the end of school, VICA's picnic featured a faculty-versus-student softball game and horseshoes. For those who attended, there was free food and beverages.

Sponsored by Mr. Russ Bowling, the Potomac chapter of the Vocational Industrial Clubs of America participated in many other activities. Among these were designing the new school sign, co-sponsoring the Blood Drive, and helping with the ACTS Food Drive. "Out of all of the activities, the picnic's success is my most memorable," said Mr. Bowling.

The chapter, consisting of ICT, autobody, printing, drafting, and electronics, met during activity periods. "VICA is a great club to have fun in, and it also looks good on college applications," chuckled Pat Dillenger.

The main funtion of VICA was to give students the opportunity to be in a program that provided the aspects of a co-operative education in a club. - Catherine Ramsey



Tommy Peterson, Eric Smith, and Markeet Barreman work on the light table. They were designing tee-shirts for VICA members and teachers to wear during Vocational Education Week.

Cracking Future Shells

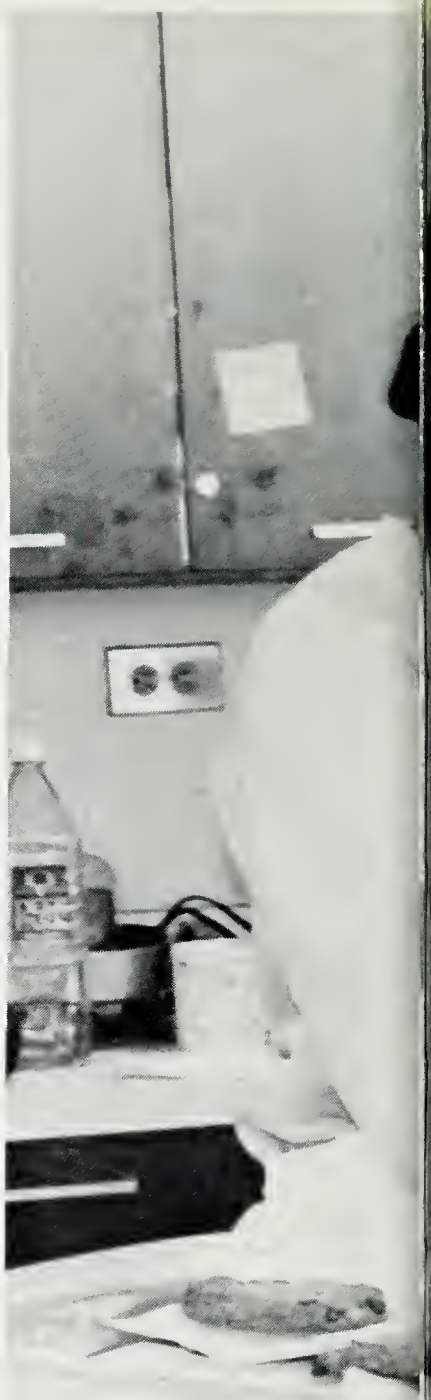
Gasping to greet the surface of the boiling water, the egg severes itself from the pan's cast iron bottom to float with the escaping steam towards the surface. In many ways, students enrolled in the vocational clubs, DECA, FBLA, and FHA, resembled an egg in their struggles to obtain a future which would satisfy their individual desires and talents.

Members of DECA, Distributive Education Clubs of America, resembled eggs in the ways they chose to handle the boiling water they were thrust into by the worlds of marketing and fashion merchandising. "DECA taught students about the awesome responsiblity they would face in the future and the ways in which they could prepare to enter the work force," commented Mrs. Jean Cahall, the club's sponsor. Members helped organize the school fashion show and encouraged enrollment in marketing classes. "My favorite experience was tutoring the kids at Ann Ludwig. They just ate up all the attention we gave them," remarked Sean Stanley.

FBLA, Future Business Leaders of America, joined the fight to safeguard the individual from the pressures of the business world. Members decorated teddy bears in the fall to display in local businesses and supermarkets to raise money for local charities. Combined with candy fundraisers, FBLA raised $3500 dollars for charities aimed at finding a cure for children with learning disabilities. Members spent their time during lunch and after school preparing marketing projects for local and state economics competitions in late Spring.

"When I joined Future Homemakers of America, I thought all I would be doing would be cooking and sewing. But FHA instilled within me a greater respect for the women who stamp their mark in business while still maintaining a home," remarked FHA president Tina Payne. FHA members combined their talents with needle and thread and cookie sheet and oven to administer to the community's needs. With the help of club sponsor, Mrs. Evelyn Flemming, members held a faculty bake sale to raise money to donate baskets of food to homeless shelters during the holiday season.

Boiling an egg is a process taken for granted by many. It reflects the struggles and changes something must undergo to become something better. Members of DECA, FBLA, and FHA resembled an egg through the ways in which they transfered the basics of their trades, taught in the classroom, towards service to the community and preparation for a complete stampede of the working world. - By Abigail Bridges





In the Child Development class, Kara Proctor, Beth Leach, Melanie Irby, Natasha Rector, and Sharaine Davis color teddy bear cards for FHA. These cards were later placed in homeless shelters with plates of cookies.

Aromas of chocolate chips fill the hall as FHA members Donetta Walton and Kara Proctor bake cookies to sell at a faculty bake sale. The proceeds from the sale were used to purchase food for the homeless shelter.

Mary Claire Knowles admires the FHA display of projects. The club combined principles taught in Clothing and Child Development classes to create creative and appealing projects.





Fidgeting with final details, Donetta Walton sets up a display announcing FHA's "Operation Something From Home." The project was one of many which combined the baking and decorating talents of the club's members.



While typing the final drafts of her paper for the FBLA Marketing Fair, Serita Neal reminisces of the long hours she spent researching the principles of marketing and how they could be applied to a market economy.

Listening with an Open Mind

"Is this a dagger I see before me? The handle toward my hand? Come, let me clutch thee." In William Shakespeare's tragedy "Macbeth," Macbeth envisions an imaginary dagger suspended in the misty air above him. He loses control as a victim to exhaustion and stress. Now, few people imagine daggers before them when life's problems become overbearing, but friends prepared to comfort and counsel them. As a result of Peer and Teen Counseling programs, these imaginations turned into realities.

Peer counselors went through five weeks of training to learn how to be responsive and attentive toward other teens. Situations were presented which taught the counselors different ways to give feedback to students' situations or listen to their problems. Demetria Howard said, "The hardest thing to learn is not to give advice, but just to listen."

The group took time to understand themselves and grow closer as a group as they participated in hands-on activites which taught trust and team work. As Ms. McCabe stated, "I believe that most students are more likely to talk to someone their own age than their parents."

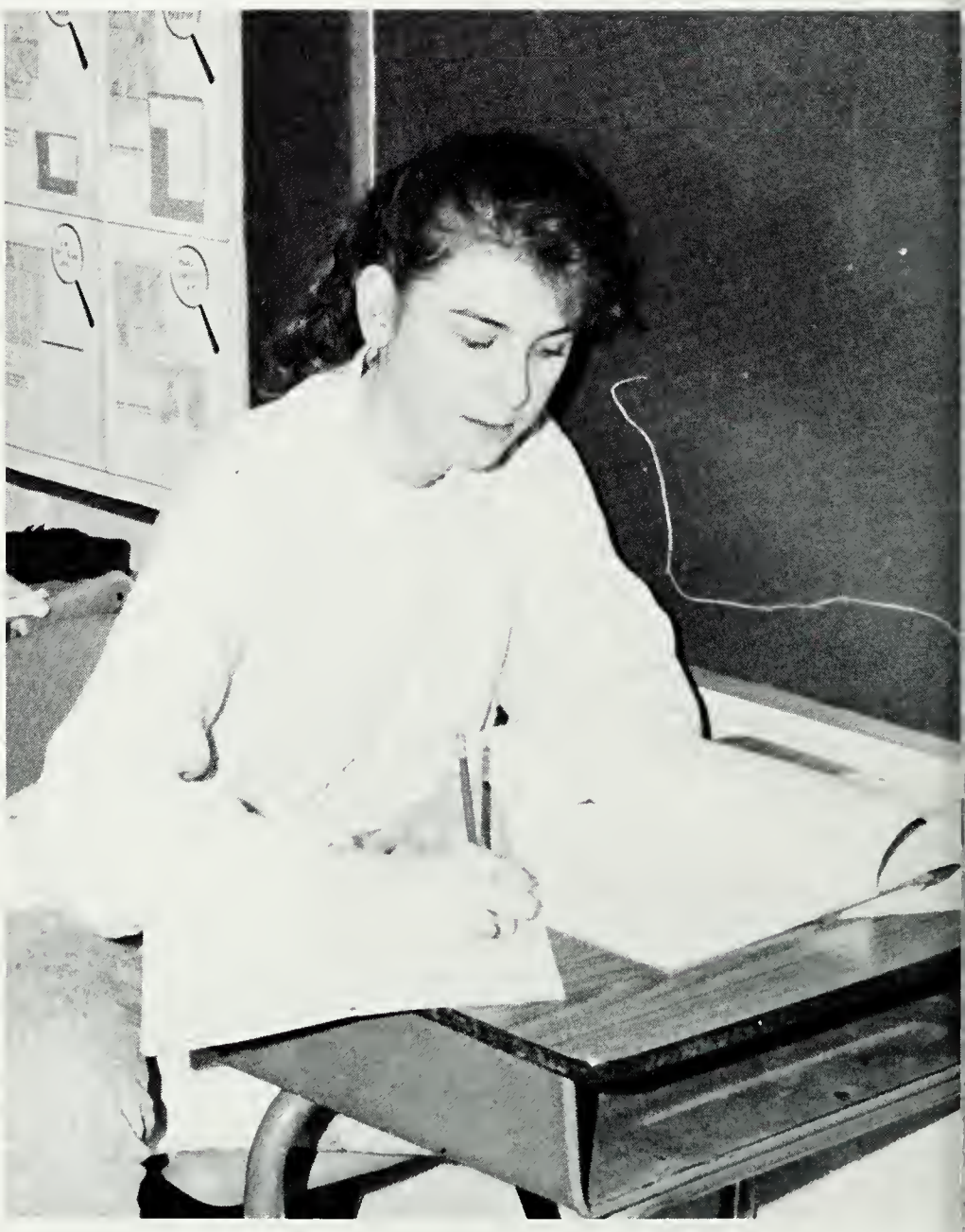
Teen Counselors had the natural ability to relate to the younger generation. They provided sixth graders at Rippon and Graham Park Middle Schools with the opportunity to discuss problems with people closer to their age who could relate on a more personal level to their problems.

The only regret Teen Counselors had was the fact that the time spent with the kids was not long enough. "We only have a thirty minute session to work with. Although we got through everything, I still wish we could have done more with them," said Scott Neville.

Literary critics claim that the reason Macbeth met a dreadful fate was because he had had nobody to share in his personal battle between right and wrong. Unlike Macbeth, when problems became overwhelming, students had the opportunity to share their problems privately with peers and other teens. They received the comfort they needed to cope with the stress and hardships of life. - By Staff



During the monthly Wednesday afternoon meeting, Mr Courtney Jones discusses handling certain clients with Tasha Faison. Problems were discussed with sponsors for further input on dealing with students.



Teen counselor, Asta Roques takes time out of class to prepare her lesson plans for her next session. Topics for discussion were proposed at the training seminar along with creative ideas of presentation.



Meeting the deadline for lesson plans, teen counselor Scott Neville places his plans in the lesson plan envelope. Lesson plans outlined the objectives of each session and helped utilize the small amount of time.

Charlie Driscoll and Julie Grace discuss plans for an upcoming client. Preparation and time counted for first time meetings to be able to better help the person.





Lara Holt, Phil Carmanica, and Jon Nelson practice scenes in a skit that was to be put on for their sixth grade students. It portrayed the distruction of drugs on Jon and reasons why students should stay away from them.

Hurricane Hits Home

Outside the wind blows. Lightening strikes the soil, sending bursts of electricity through the trees and streets. The mighty oak struggles to remain untouched by the chaos around it. Eventually each student faces the same challenge of that mighty oak to withstand his own hurricane. Surrounded by pressure to drink and smoke, students were forced to make a decision: drink or remain sober? To aid students in their struggle, two clubs, Panthers Staying Straight and Students Against Drunk Driving, were available to challenge the hurricane spreading through society.

P.S.S., although new, grew to 200 members. It encouraged students to overcome the pressures of drugs. The pledge "to recognize the dangers of alcohol and drug use to me and my peers, I pledge to be drug free," echoed in member's ears.

A major fund raiser for P.S.S. was the Rock-a-thon where members danced and rocked in rocking chairs all night long to help raise over $2,000 to help pay for Mike Boyd's medical expenses. "It was so much fun," said Leslie Davis, "I never danced so long or laughed so hard!"

S.A.D.D was formed to carry the message of the hazards of drinking and driving. The meetings were held twice a month as quick updates on the club's progress and to discuss suggestions on ways to prevent friends from driving drunk. The members made red ribbons for the student body to display on cars as a symbol of their commitment not to drink and drive. "It was a great feeling seeing all those red ribbons on cars in the parking lot. It made it all seem worth it," remarked Michael Lawson.

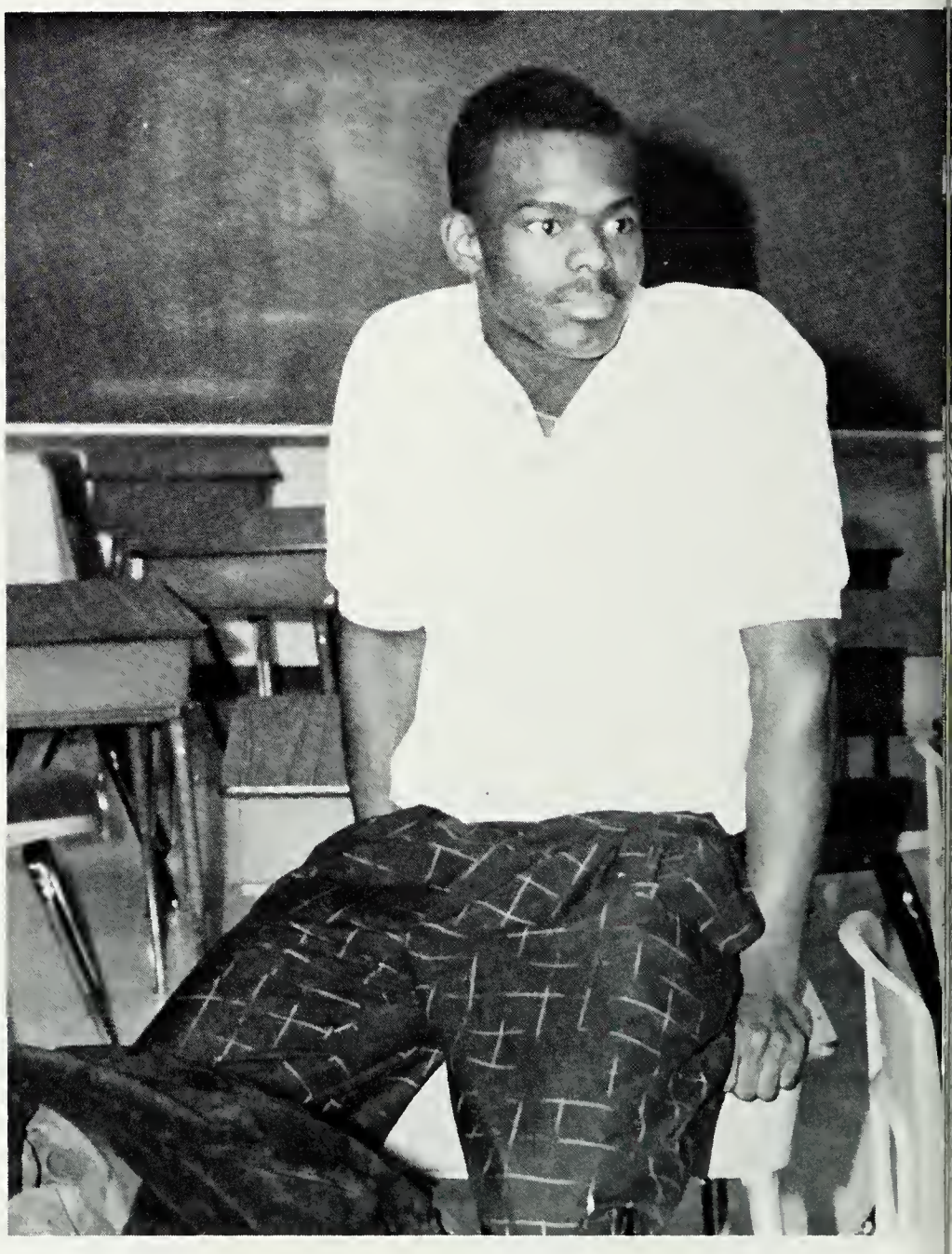
"Staying Staight," a serious video made by teenagers was presented to the sophomore and junior classes. It was a hard hitting video to discourage drinking and driving. "I was very surprised at the reaction of some people. Facial expressions were wide ranged, and I even saw a few tears," said John Lake.

The clubs opened the doors to escape the pressures of life, convincing students to remain sober and providing an example for friends to follow. - By Staff





Debi Gabriel ties a red ribbon on a teacher's car. The red ribbons were a major project for S.A.D.D as the non-drinking and driving message was the club's main function and ultimate goal.



Marcus Spencer listens intently as directions are given for the "Staying Alive" project. Meetings were often short and sweet but full of helpful information.



Josh Quesenberry and Jennifer Grey help each other put up a "Staying Alive" poster. The poster was displayed as a reminder to all to think before they acted, especially with drinking and driving.

"Big spending" is on the minds of Jeremy Tuten, Megan Walker, Mark Fox, Justin Morgan, and Kevin Polk as they play Monopoly at the Rock-a-thon. Fun and excitement were all part of the school sponsored night.





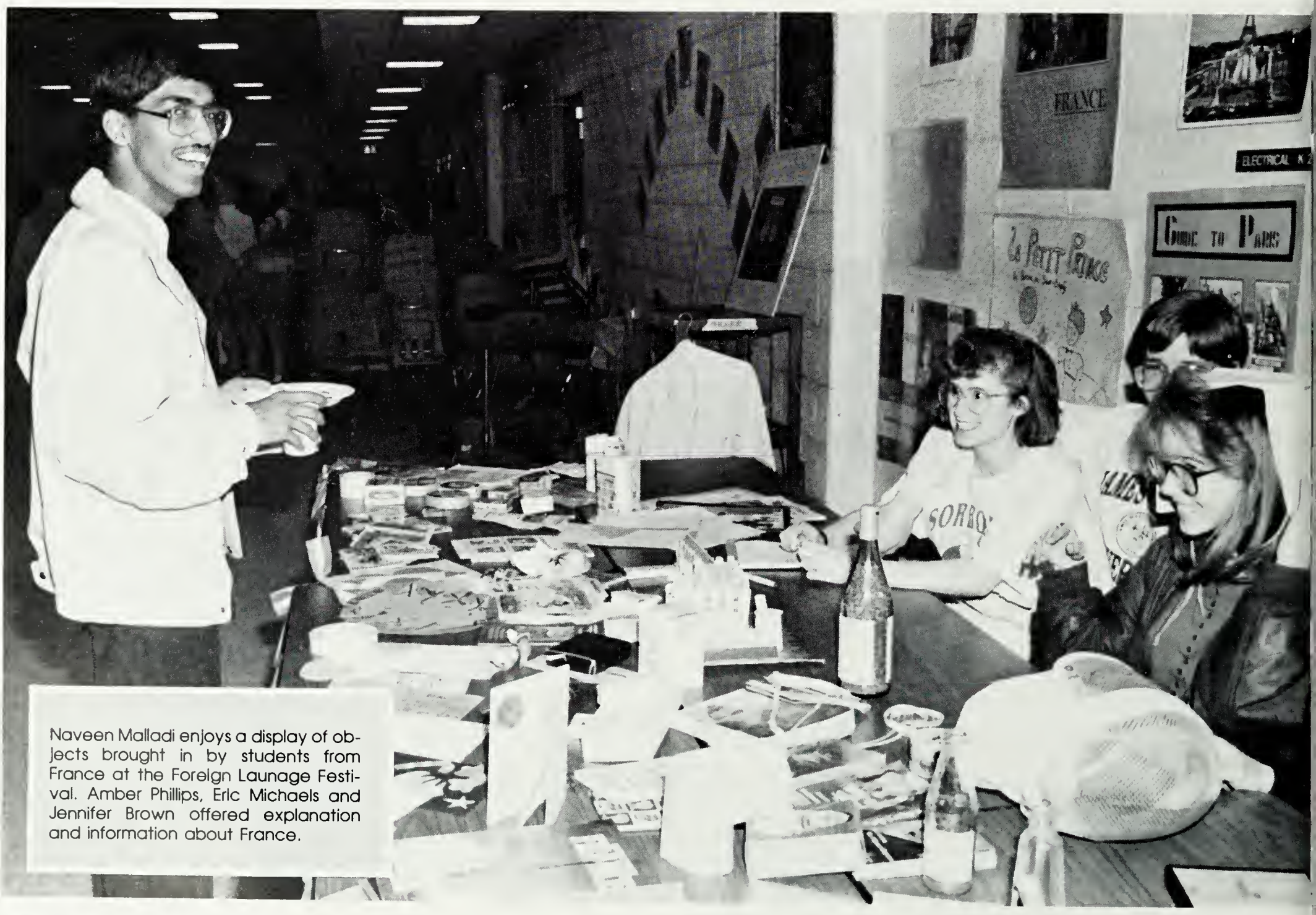
Mr. John Jenkins, Markie Malloy and Mrs. Ann Boyd watch Mrs. Jan Polk rock, while they talk at the Rock-a-thon. This was a P.S.S. sponsored event that benefited the Boyd family.

Mrs. Ernestine Roth and Mrs. Alexandria Rustan reminisce the Foreign Language Festival events as they supervise student clean- up in the cafeteria. In some classes, set up and clean up counted as extra credit.

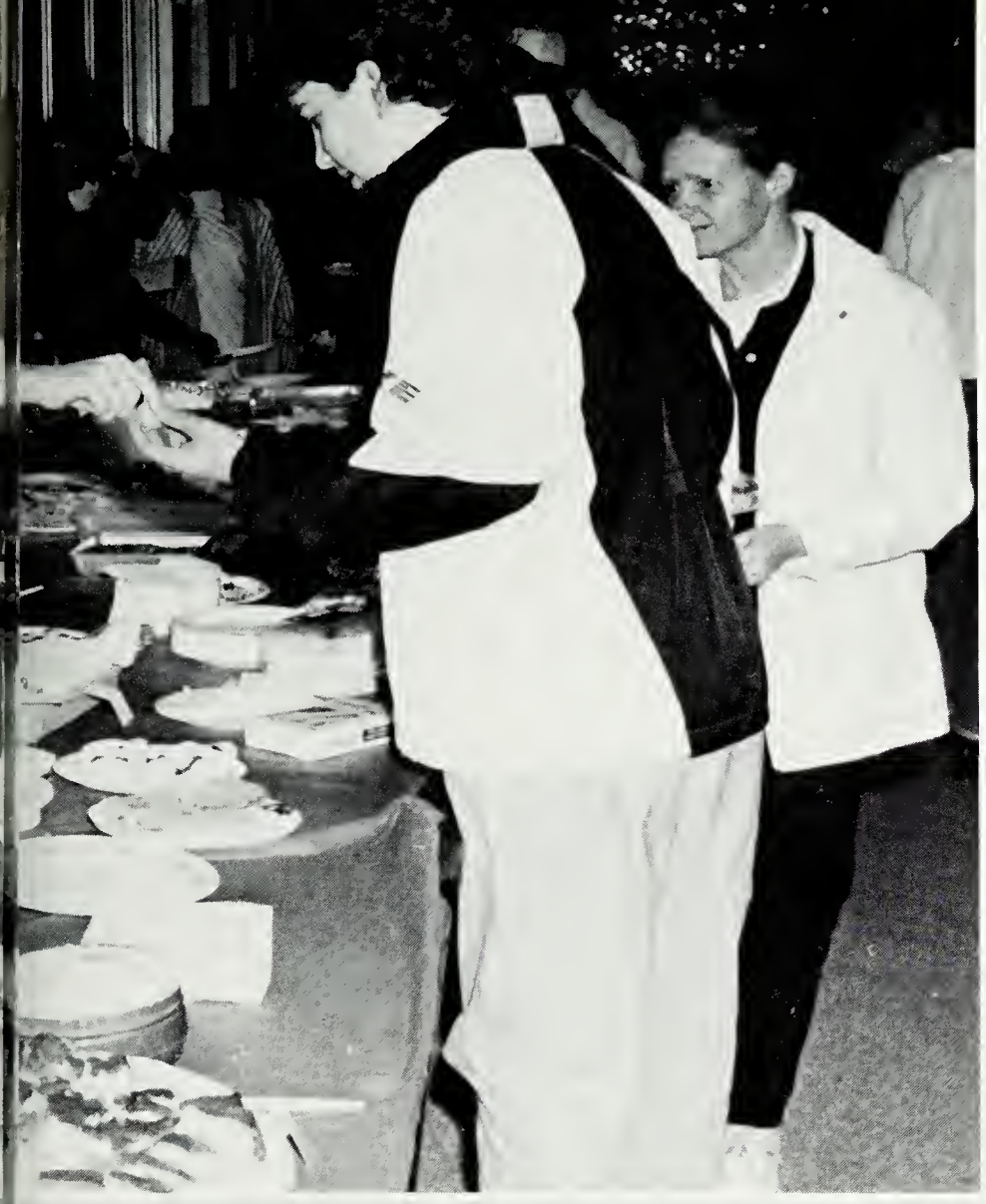


Miranda Johnson and Chris Wakefield serve food to Brian Smith and Mrs. Wahala at the Foreign Language Festival. The variety of foods allowed students to sample tastes from different countries.





Naveen Malladi enjoys a display of objects brought in by students from France at the Foreign Launage Festival. Amber Phillips, Eric Michaels and Jennifer Brown offered explanation and information about France.



The Wonder of New Worlds

We didn't experience different cultures very often. When we came into contact with other "worlds," apprehension and misunderstanding filled our minds. In order to communicate with other peoples, we learned a foreign language, but we still lacked cultural knowledge. It was there that the foreign language clubs came into play.

By joining these clubs, a better understanding of the language and the culture of the country could be achieved. Courtney O'Rourke said, "Being in the Spanish Club made Spanish more enjoyable because I learned about other customs."

These clubs covered everything from dining to movies. Ashley Rogers said, "I think that it is really great getting to know about another culture."

There was a toga day for the Latin members. The German Club made delicious candy for teachers. The Spanish Club raised money to pay the way of students who wanted to compete in the Spanish competition tests. The French Club made themselves a special dinner after school featuring French cuisine.

The winter holiday (continued on page 156)



Mrs. Susan Smith helps John Compel at the Christmas Banquet. Breaking the pinata, held by Jeff Overand and Jason Deptula, was a challenging and rewarding activity for all the children who attended.



Christine Holloway and Sherry Acuesta set up a table for a Christmas Banquet. Students from the foreign language clubs worked together to make the festivities enjoyable for everyone who came.

A New Frontier

(continued from page 155) banquet was a fun time to mix learnings from different cultures. Students and their families were invited to experience the new and interesting food and activities. The members prepared everything for the banquet that was held after school.

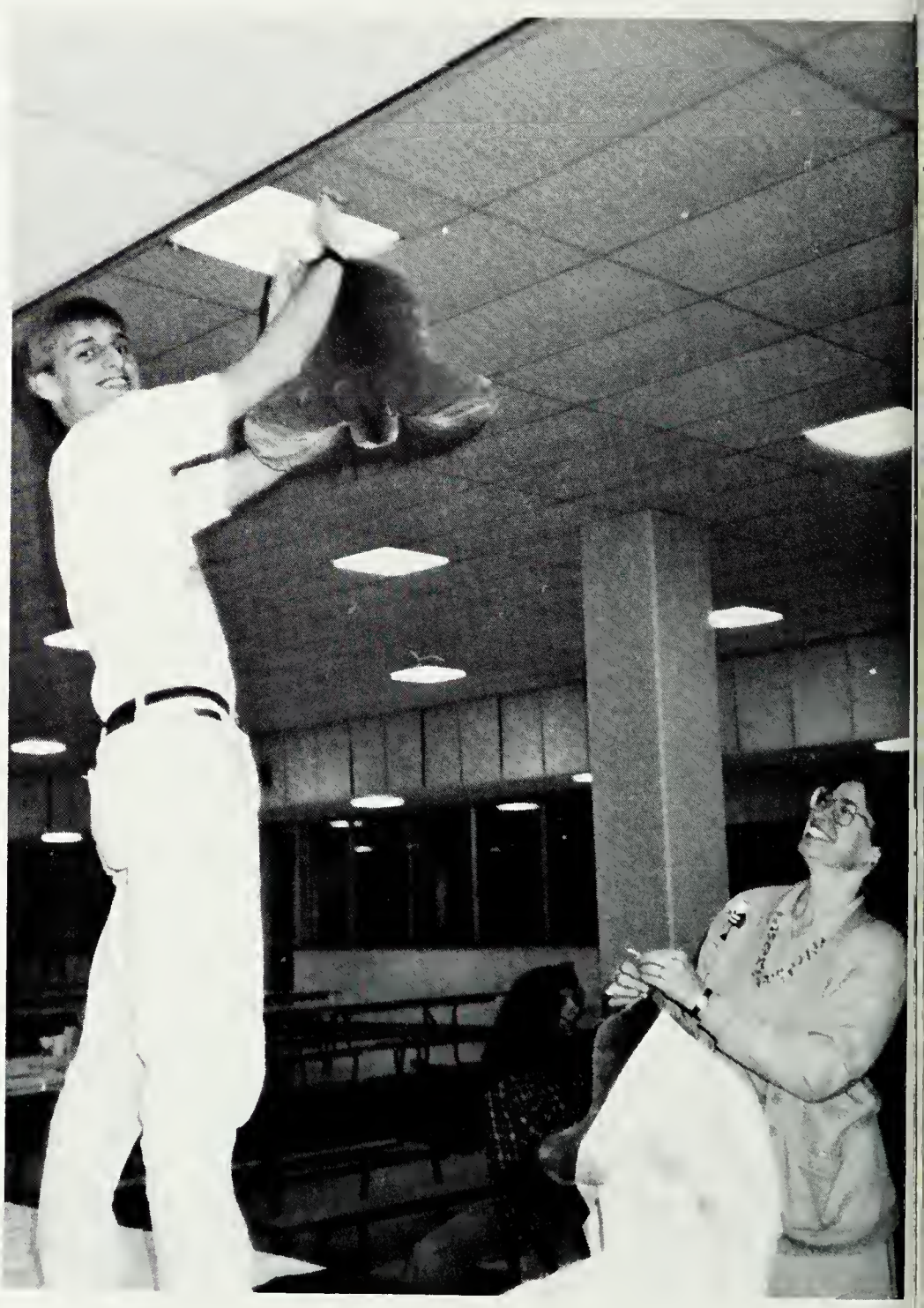
One of the most important events the foreign language clubs sponsored was the Foreign Language Festival. The festival was a time when all the different cultures came together to mix what each different club learned. Held in the spring, students participated the entire week by dressing up in the attire of a different culture. They also wore the flag of the country whose language they studied. At the end of the week, a banquet was held for students, parents, and teachers. There they could examine articles from foreign countries, taste cultural food, and talk to foreign exchange students.

We plunged into new worlds and tried to read into the thoughts of our foreign counterparts. In our attempts, we learned that once we got past the barriers of language and culture, they were just like us. - By Kris Hetland

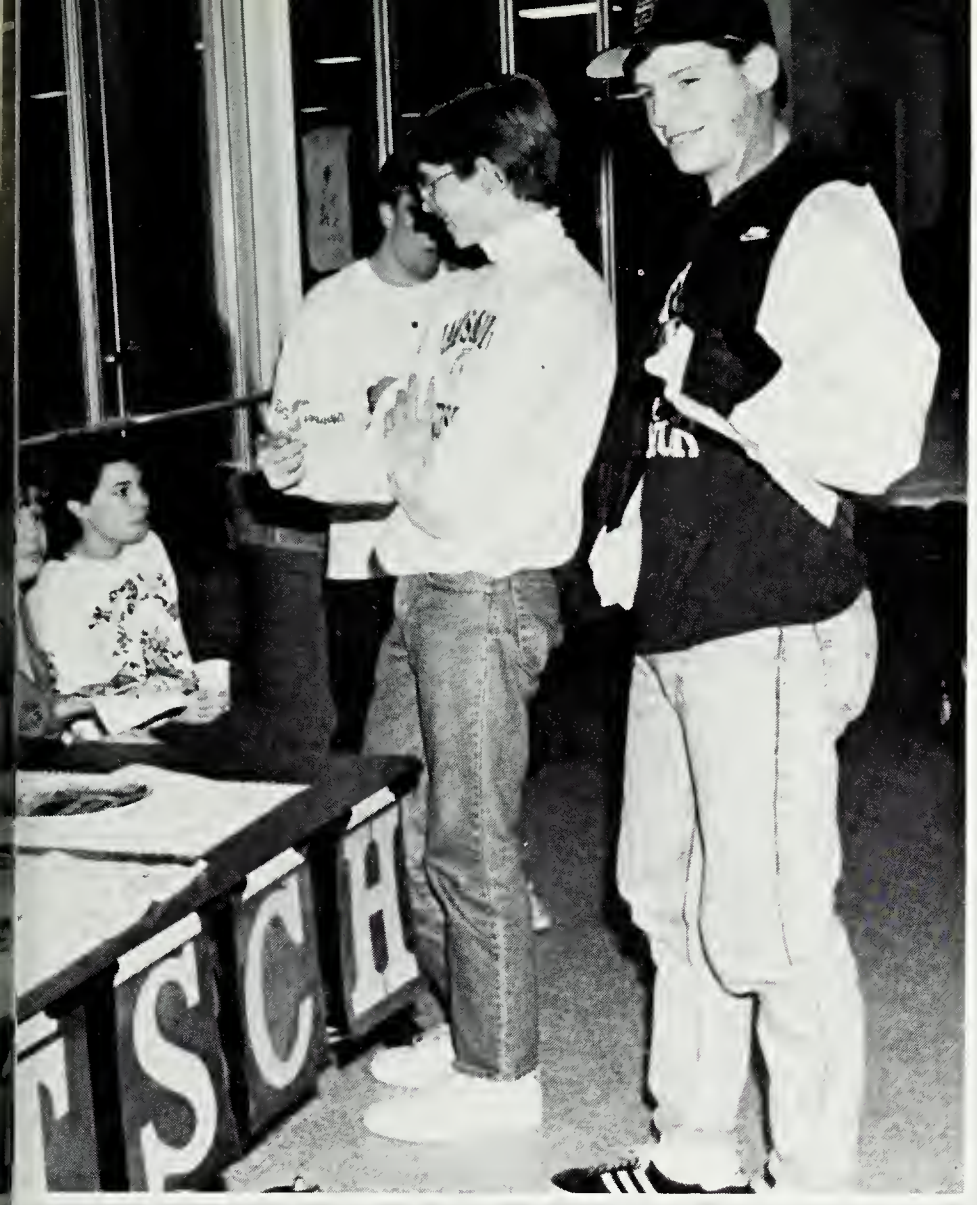




Abigail Bridges looks over copy with Tracy Adams during yearbook class. Abigail was one of the many students who dressed up in a foreign costume for a day during Foreign Language Week to liven up the school.



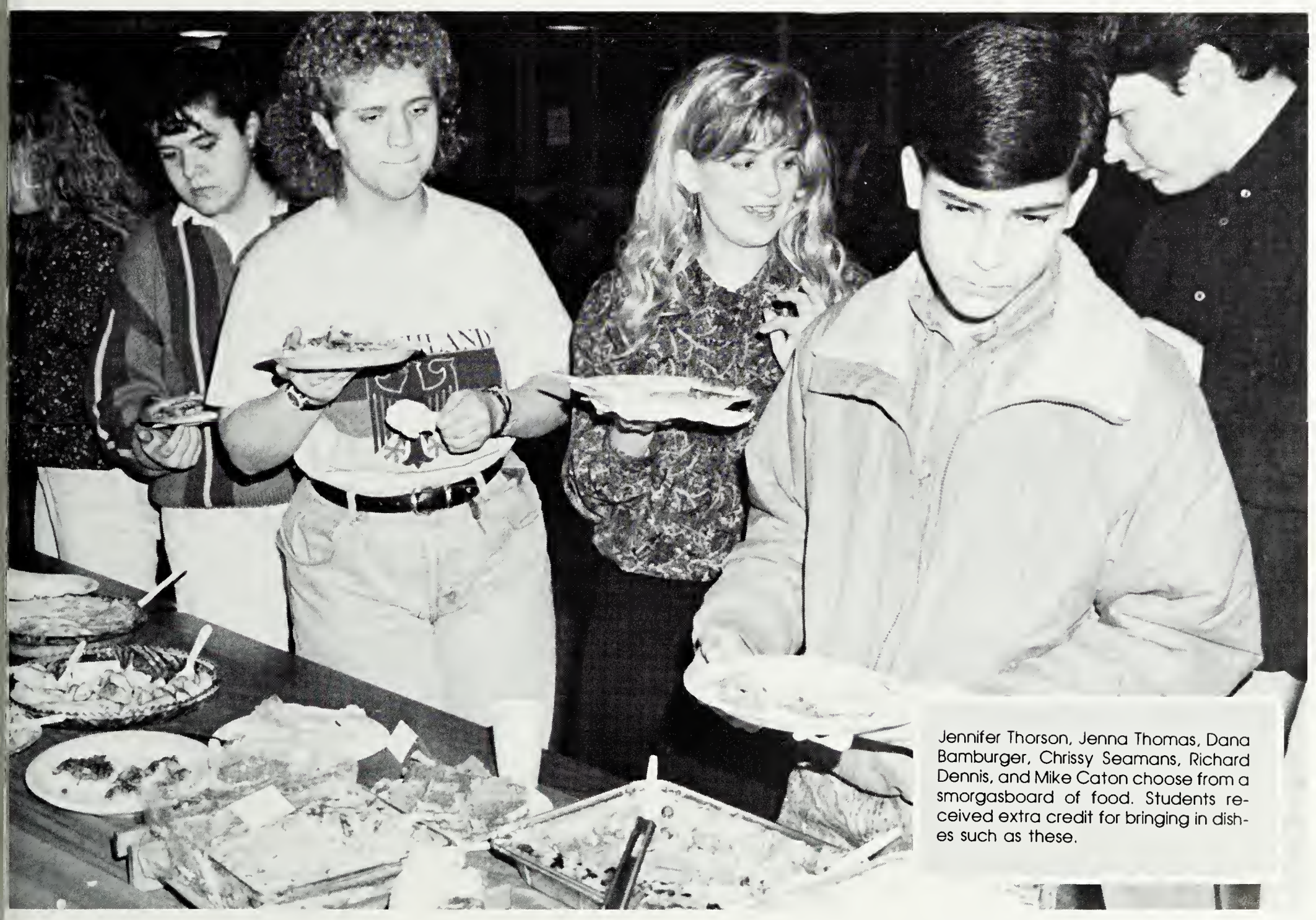
Jason Deptula and Mrs. Susan Smith put up decorations before the Christmas Banquet. The evening proved a success for the students who helped and a great deal of fun for the children who attended.



Tara McKnight, Heather Oldham, Eric Myers, and Jim St. Jean, enjoy learning about different cultures. The paraphernalia from Germany was only one of the tables representing countries at the festival.

Mrs. Diane Fontana shows Tami Page where to put the statue she brought in for part of the Spanish display. The displays consisted of souvenirs collected from different countries by students and family members.





Jennifer Thorson, Jenna Thomas, Dana Bamburger, Chrissy Seamans, Richard Dennis, and Mike Caton choose from a smorgasboard of food. Students received extra credit for bringing in dishes such as these.

Running With The Waves

"Push it, come on, only a few feet to 'go,'' she thought to herself as her feet pounded the asphalt trying to finish the three-mile run. A look of determination filled her face as her eyes caught the sight of her coach awaiting her arrival. Her pace picked up. Her heart beat faster. In half an hour she knew she would be on the water again preparing for the upcoming regatta on Saturday. "Racing was the best part of crew,'' commented Tracie Dobbins, "We worked hard all week long. On Saturday we got ready to show our stuff.''

If they weren't on the water practicing, all rowers were running or doing other exercises to develop the strength needed to row. "It can be a time-consuming sport, but in the end, it's all worth it!'' exclaimed Mandy Patton. Practices were held every day for four hours. Saturdays were spent on the waters of the Occoquan in competition. "Doing the workouts was a pain, but I'm grateful that I did them. I got in better physical shape and could put everything I needed into racing,'' quoted Katie Flaherty.

Committment was what crew was all about. Everybody on the team was required to attend all practices and races. Members learned to draw from the depths of their souls to find the strength they needed to do well in the sport. It became crucial that a rower learn how to accept criticism and work with others to improve the overall quality and performance of the team. "What we looked for in a rower was basically someone who could be counted on to show up and try his or her hardest,'' commented coach Jim Hobbs.

"It was a hard sport, but once you started you couldn't stop!'' exclaimed Mike Dowd. Most everyone agreed that crew was difficult, but most of all, it was fun. - By Tracy Adams

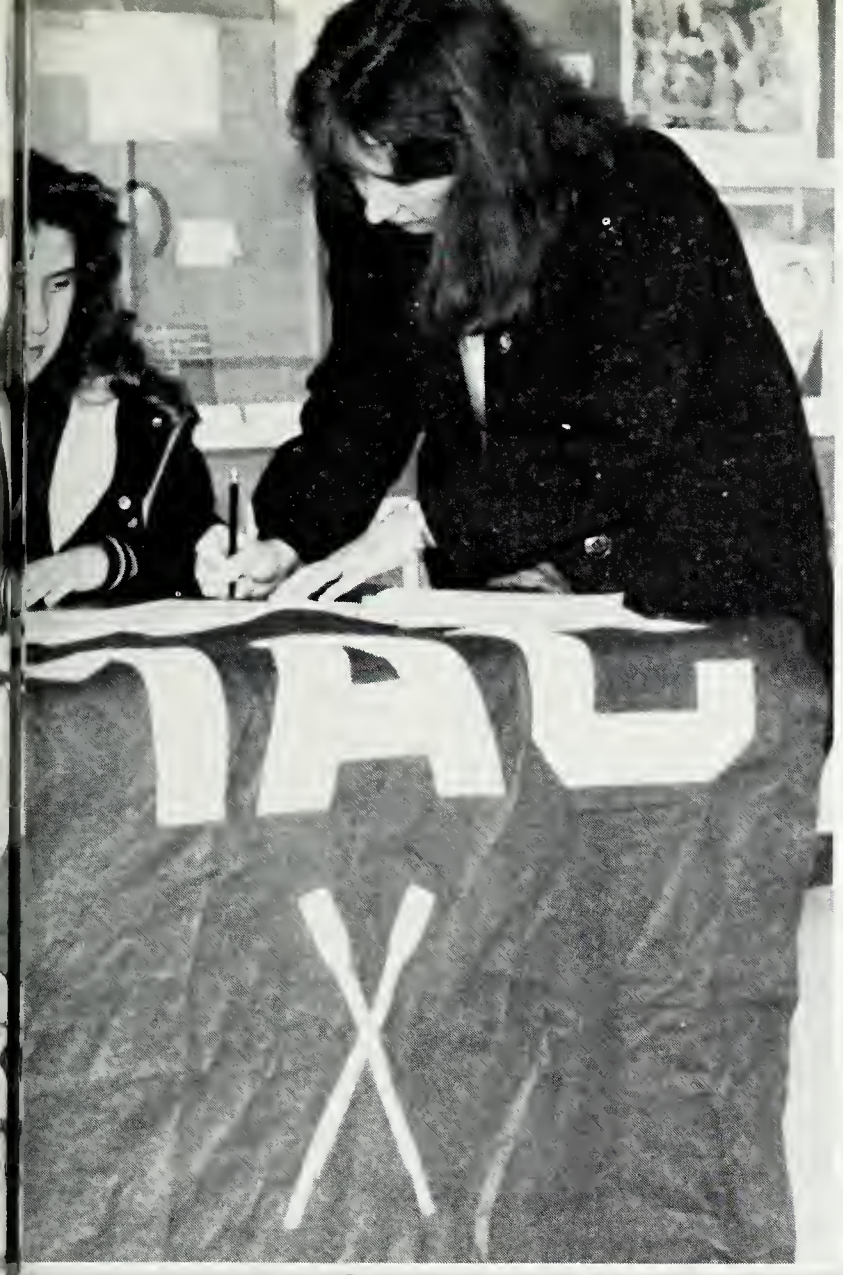




After rowing an intense power 30, rowers Nicole Embry and Jeannie Cassidy take advantage of the cool down and lecture time the coaches gave. Although this time was limited, it was a chance to do something rowers weren't normally allowed to do.



During weight lifting, Keith Browning worked on the leg press to build up his leg muscles. Rowing wasn't done with only arms, it was mainly the leg muscles that propelled the shell through the water.



With Crew just around the corner, Mrs. Gail Patton and her daughter Mandy Patton, registered at school on Saturday. Registration was the first step in becoming a crew member.

Crew members Meredith Dykes and Stefanie Hipple push themselves in preparation for the upcoming race. This was the first time that Potomac Crew had participated in this race.





Inspecting the work done by auto body, Jeremiah Sahlberg, Katie Flarhty, Stefanie Hipple, and Renee Ruffing prepare to move the boat to be worked on again. This was the main shell that was used to train novice rowers.

Acting Defensively

Butterflies in your stomach and sweat on your brow. Standing in front of friends and community leaders causes your heart to palpitate and your knees to quiver. But as their eyes focus on your words and dramatic expression, your talents of drama and debate begin to shine forth.

Members of the Debate Team shared their talents to broaden the horizons of the communitry. "You really have to work together," said Mrs. Harryette Eden, the new sponsor. The team did just that by helping each other prepare for competition and learning from each others' mistakes.

The Debate Team competed twice a month with area high schools to debate the pros and cons of a specific topic. The team researched and improved arguments throughout the year for the main topic of the federal government exploring space beyond the mesosphere. They also participated in and the Model Congress by introducing bills.

Drama gave a new meaning to the word expression. The Drama Club gave students the chance to become stars through their actions, voices, and help behind the scenes.

Drama Club, with help from the Dumfries-Triangle Rescue Squad, put on "The Haunted Crack House," a student written production. This one-act play entertained with a theme about the horrors of crack cocaine. The response from the community was immense with 1100 people attending over four nights. Eric Udell said, "If we stopped only one person from using drugs, then it was worth the hard practices and the time put in."

The spring production was the "The Taming of the Shrew" by William Shakespeare. Actors, actresses and crew found the play an exciting challenge and a great educational experience, as Shakespeare's plays offered a new form of expression.

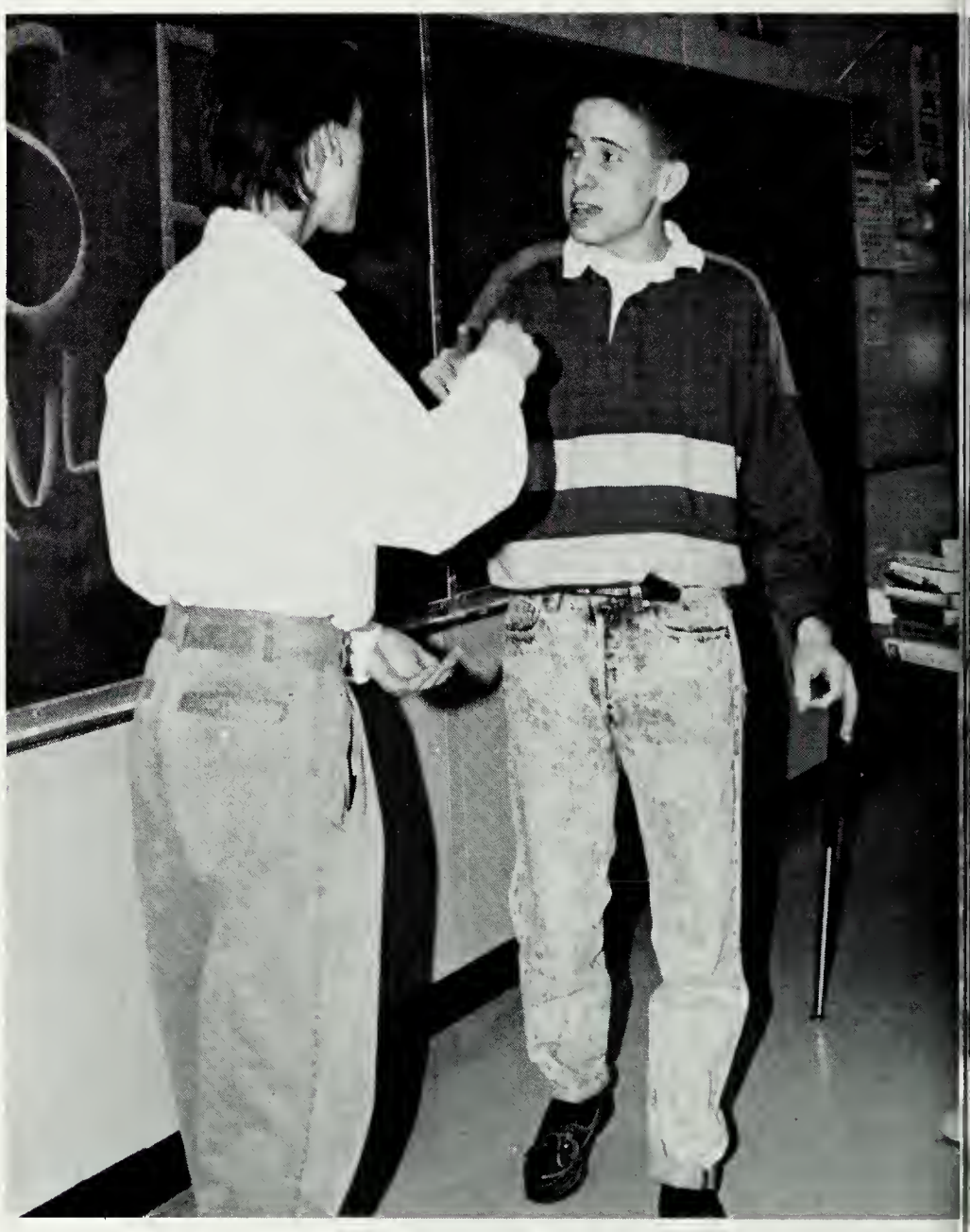
Members also saw "Othello" at the Folger Theater and "Phantom of the Opera" at the Kennedy Center to learn about different ways of acting and types of plays.

By reaching out with unique forms of expressions, both the Debate and Drama Clubs provided the community with a chance to explore the questions of conscience and committment. - By Staff

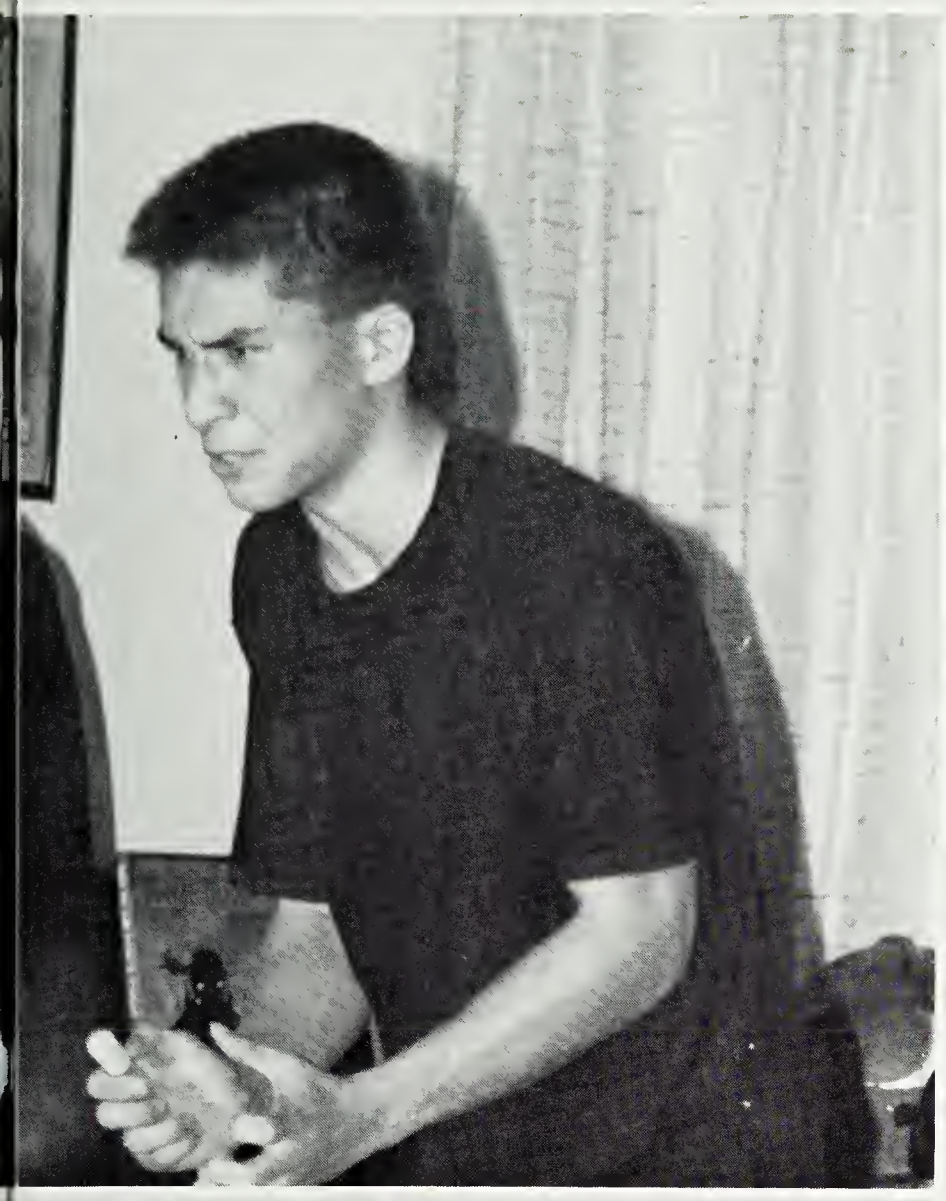




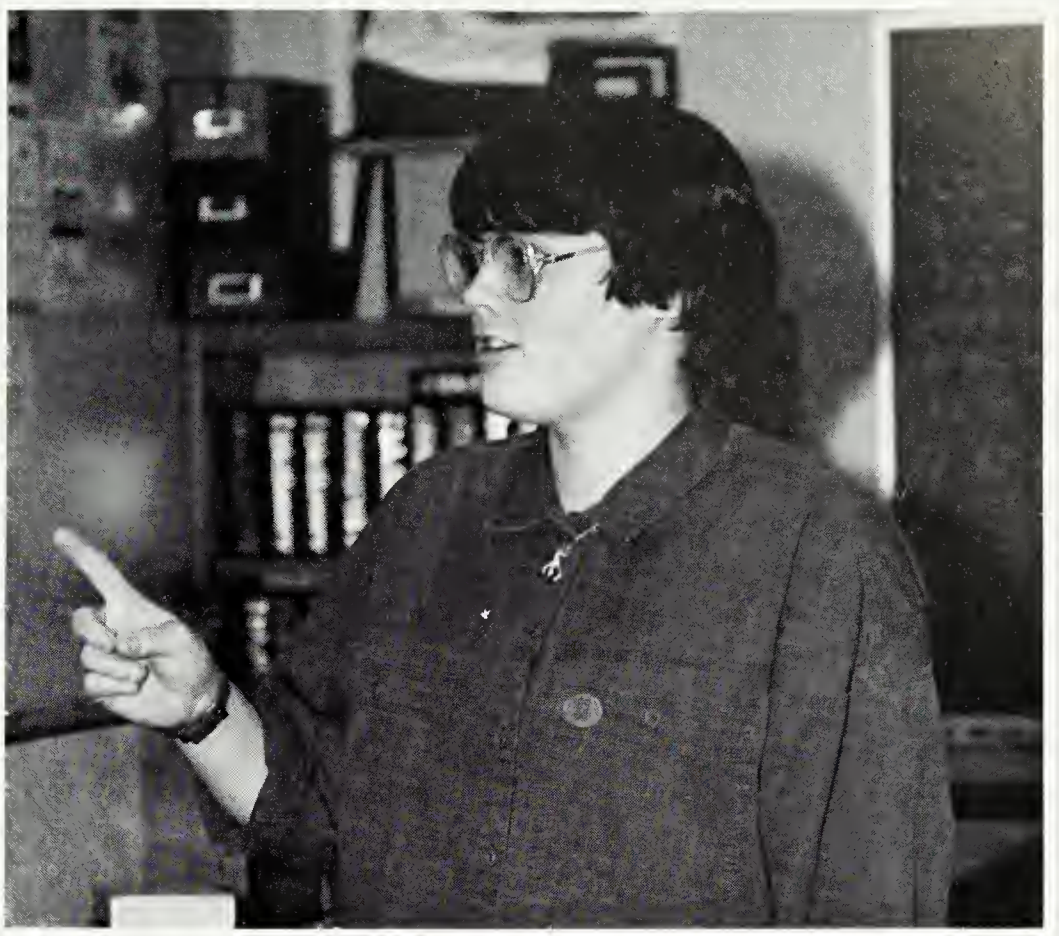
Duncan Shea blows the mystic bubbles during the party scene in the play "The Haunted Crack House." His character was obscure and removed but created depth and reality to the scene.



Robert Ghisolfi and Patrick Sullivan debate over, "Was Jesse Helms the best senator of all time?" Throughout the year the team had mini debate sessions where they argued both sides of the issue.



Realizing that drugs controlled his life, Charlie Driscoll fights to end his substance abuse. The evil sprit, played by Mikele Galbraith, pulls him deeper into the deadly struggle in "The Haunted Crack House."



Jennifer Hillmar corrects other team members as they debate a studied topic. They often debated each other after school at practice debates in preparation for debate competitions.



Drama Club members Eric Udell, Mikele Galbraith, and Theresa Costello look over the program from Shakespeare's "Othello." They spent the evening at the Folger Theater in Washington, D.C.

Spreading Good Fortune

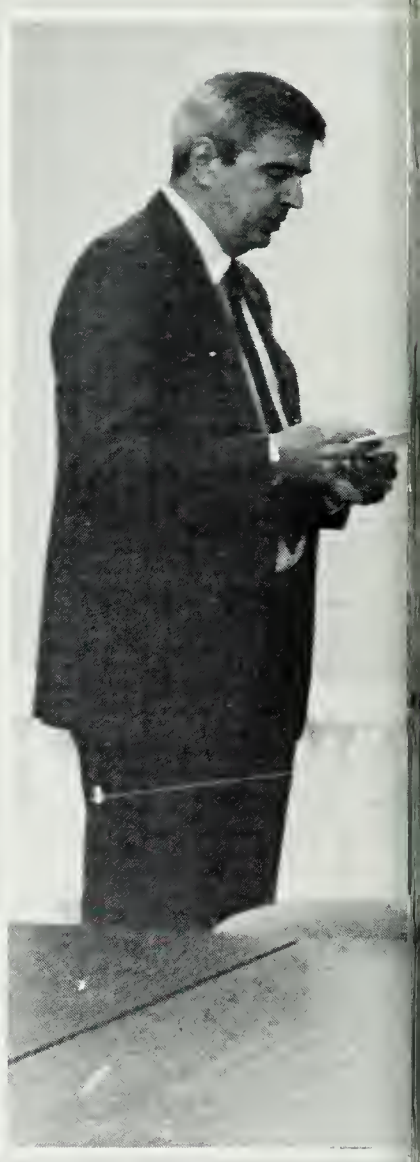
In the distance, the tornado swiftly approached a tiny Kansas town. After disaster struck the town, individuals from neighboring vacinities swiftly came to the aid of the townspeople. Tornados rarely strike in Virginia but often groups of people here become the victims of tragedy--homelessness, poverty, physical or mental handicaps, and war. Two clubs built on the formation of service to our community, Junior Civitans and Leo Club, quickly came to the aid of such individuals.

Junior Civitans was dedicated to helping others who often were forgotten by society. At their first meeting, members began collecting canned food and Kool-Aid to send to service people in Saudia Arabia. "It was all worth it to hear how we made their duties on the other side of the world a little bit easier," said Claire Collins.

Another major project was helping the Association for Retarded Citizens (ARC) with their bowling league. Civitans taught the fundamentals of the sport and built friendships. "The biggest reward was seeing the smiles on their faces, especially during the bowling events in the Special Olympics that we helped out at," said Chris Landrum. They also held fund raisers to help aid research of diseases.

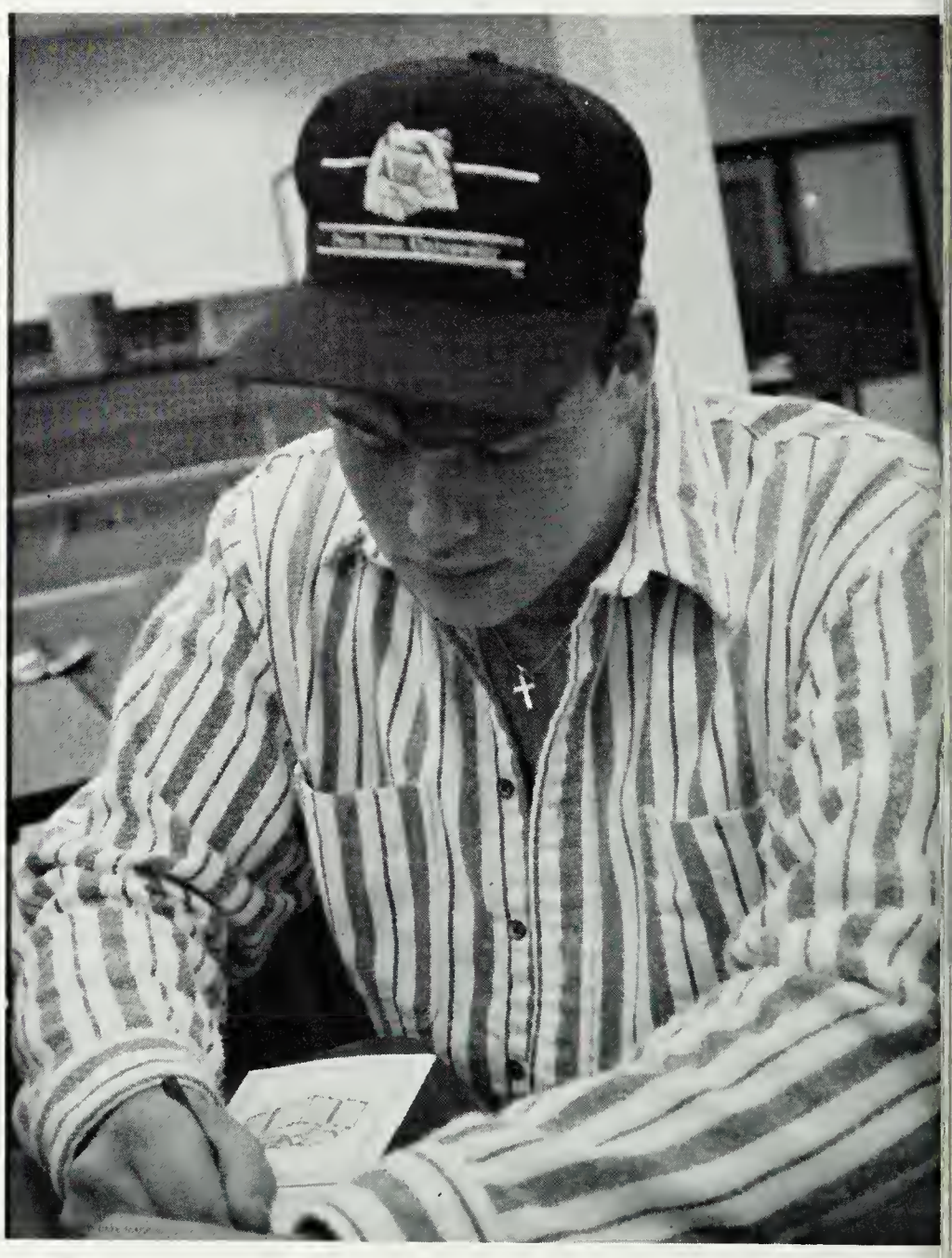
The Leo Club, an affiliate of the Montclair's Lions Club, was also set up to help the less fortunate. The club had many fund raisers. On White Cane Day, members of the club stood at the entrance of Montclair and took donations for the blind from passing cars. The club also helped out at the Special Olympics bowling and gymnastics tournaments by keeping score and cheering the participants on. "Leo Club was a very educational experience. I became involved in the community by providing both emotional and financial support to those who often couldn't help themselves," said Amber Bowers.

With their help both the Leo Club and Junior Civitans kept up the tradition of lending a helping hand to the community in all areas and aspects of life. - By Staff





Kevin Becker listens intently at a meeting as plans for White Cane Day are discussed. The Leo Club met during activity period.

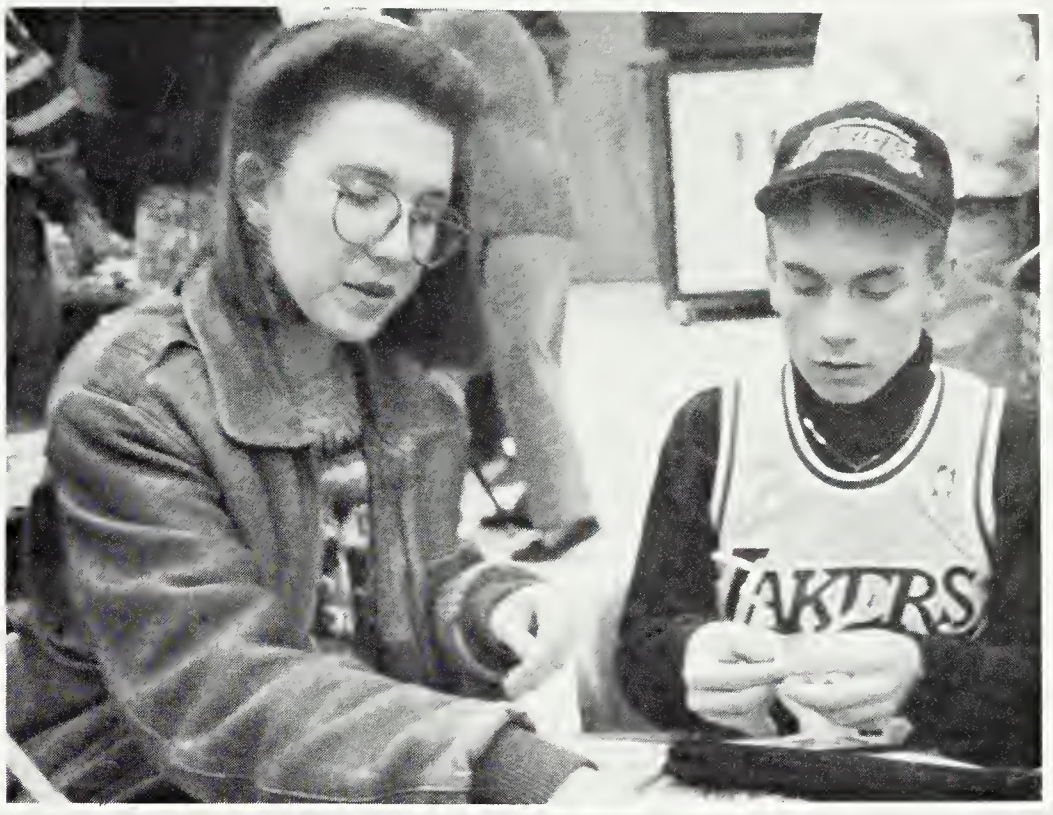


Johnny Lake ponders over the message that will be written on a Christmas card. The cards were colored and signed by all Junior Civitan members and sent to kids at the Juvenial Detention Center.



Veteran Leo Club members Amber Bowers, Kris Smerick, and John Beyer are re-inducted into the club by Montclair Lion's Club President Mr. John Olio. The Montclair Lion's Club acted as sponsor to the Leo Club.

Amanda Kelly and Mike Carver help out Santa Claus by glueing puffy noses and fuzzy antlers to the reindeer bags. The bags were delivered to the bowling participants as Christmas presents.





Members of Junior Civitans decorate Christmas cards that were sent to the Juvenile Detention Center and to the service members in Saudi Arabia.

Government for the Students

Have you ever wondered who organized events like homecoming and the blood drive? Well, wonder no more! The Student Cooperative Association (SCA) organized these events and many more.

With Ms. Pat Droves as their sponsor, meetings were anything but dull. They met during activity period with extra officer meetings throughout the year. At these meetings, members discussed plans with representatives who were elected by their homerooms. Each grade elected officers to represent them in meetings. The student body previously elected the SCA officers after a week of campaigning by the candidates.

Throughout the year the SCA held fundraisers like school dances, Valograms, which are flowers sent out to students with admirers, sweethearts, or friends during Valentine's Day, and Heart-to-Heart Computer Dating, a computer match up service for interested students. These helped pay for homecoming events and the school gift at the end of the year. The SCA also sponsored the spring carnival and paid supplies for homecoming floats.

The SCA didn't just have fundraisers, they were also the student's voice for the administration. These decisions personalized the school for students. The new tardy policy was brainstormed by the administration and the student council. The representatives then discussed possibilities with the homerooms for more ideas. After this, more discussion took place and the plan for detention went into effect. "The administration was all out of ideas, so they asked the SCA for help, and together we solved the problem," commented Brian Sullivan.

The ability to make a difference was why most students ran for office. As SCA Treasurer, Chrissy Davis said, "I ran for office so I could be more involved in school. I also ran to help make important decisions about the student body."

The SCA made important decisions about the school and made the four years more meaningful and less tedious. - By Karen Oswalt

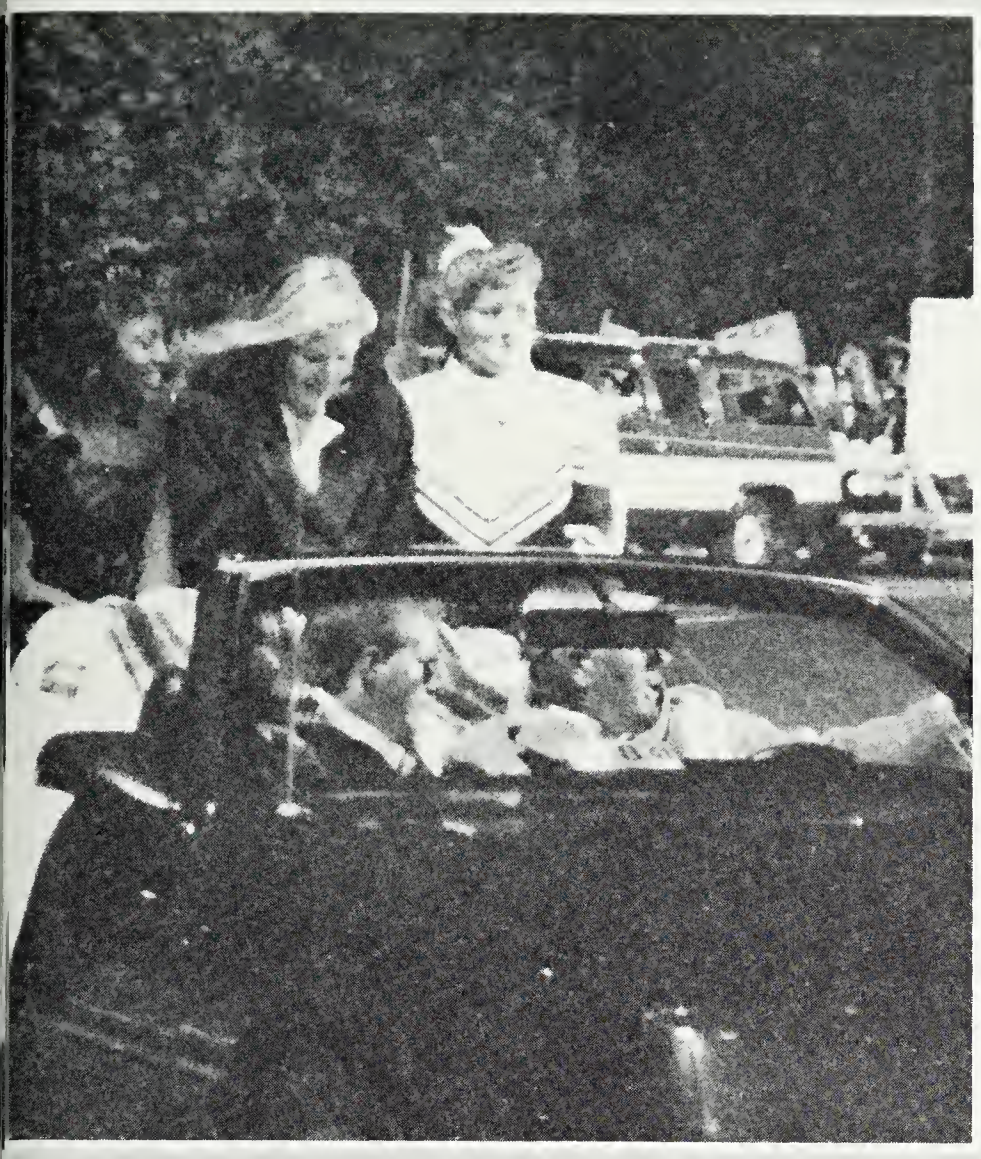




Michelle Rubio and Mike Dovberg sell a Valogram to Melanie Rogers for Valentine's Day to raise money for prom. Fundraisers helped S.C.A. raise money for extra-curricular activities during the year.



S.C.A homeroom representative, Megan Walker, reads the newsletter given out to them about the letters to the soliders in Saudi Arabia. Representatives spread the news to the students after they got it from the S.C.A. officers and Ms. Pat Droves.



SCA officers Monyetta Haynesworth, Nikki Arnold, and Chrissy Davis ride in the homecoming parade during halftime. Appearing in the parade gave the student body a chance to see who was representing them.

SCA homeroom representitve, Renee Ruffing gives Ms. Droves letters written to the soliders in Saudi Arabia. SCA did many things to assure that the students had contact with soliders and families.





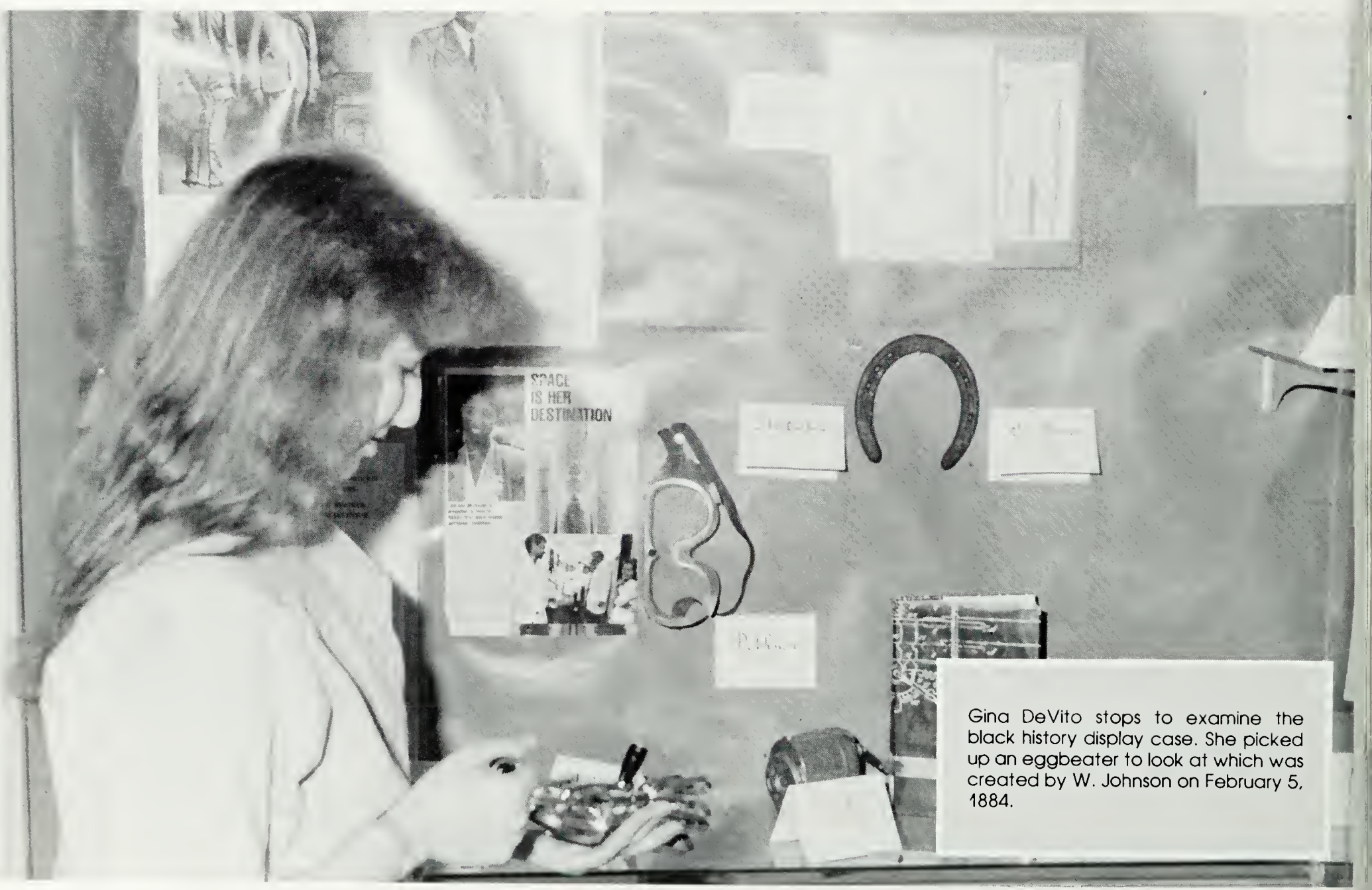
Monyetta Haynesworth, Brian Sullivan, and Tim Ferenchak discuss events coming up this year in Ms. Pat Drove's office. Officers usually discussed plans and then took them to Ms. Droves for approval.

Social Studies Club members Robert Ghisolfi and David Ross, review research on foreign countries. The research was used for the Model United Nations.



Black History Club Officers: Renee Robinson, Parliamentarian Treasurer; Tasha Faison, Assistant Secretary; Elizabeth King, Vice President; Annette Johnson, Secretary; Mike Rhoades, President; Mrs. Phyllis Hollis, Sponsor





Gina DeVito stops to examine the black history display case. She picked up an eggbeater to look at which was created by W. Johnson on February 5, 1884.



Imagine

Did you ever pretend you were the president of another country? Did you ever want the chance to openly discuss the policies of any country in the world?

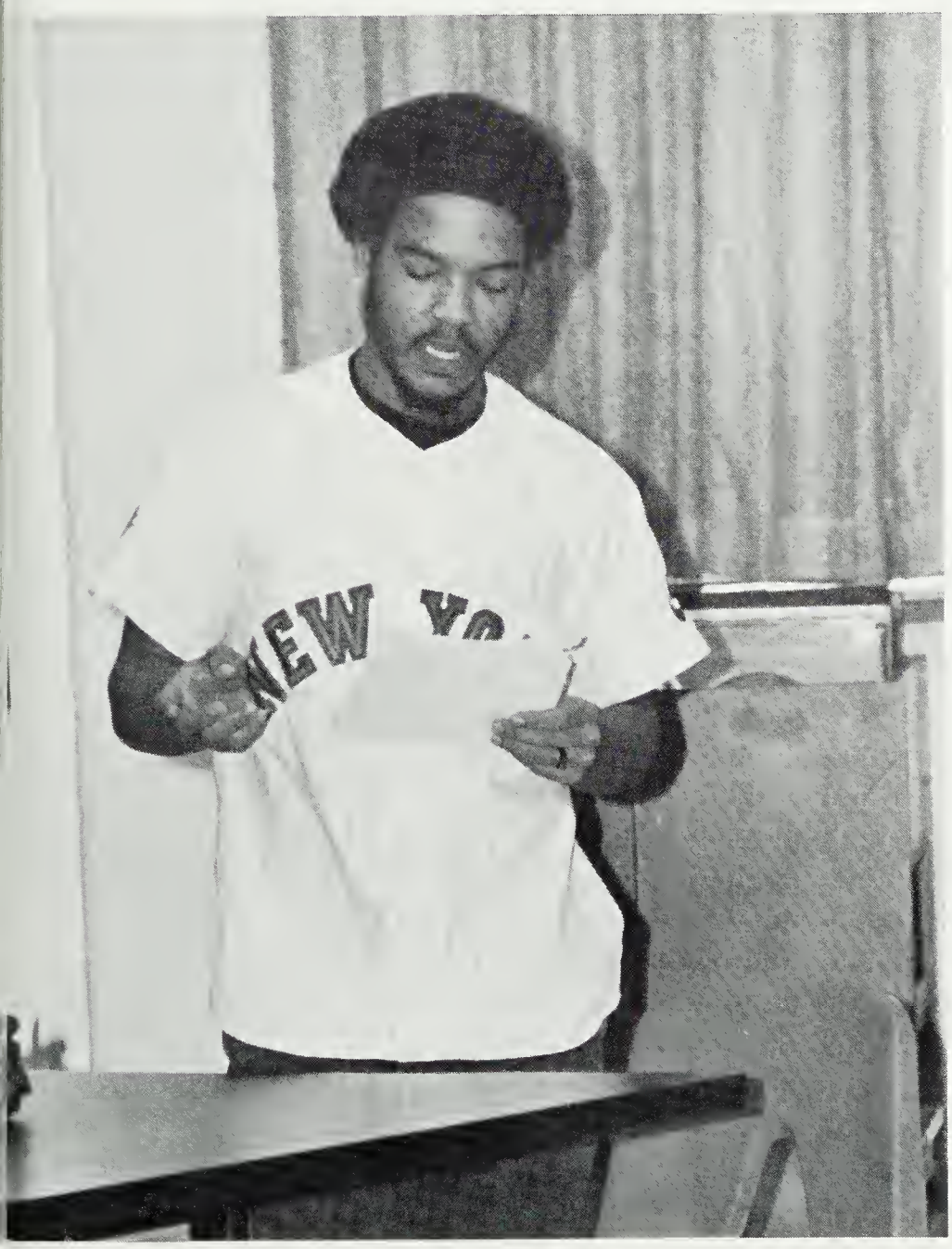
Well, that's exactly what the Social Studies Club did. They studied culture, government, and basic life of the past. The largest activity the Social Studies Club participated in was the Model United Nations (Model UN). "The Model UN was the only reason I joined the Social Studies Club," stated Robert Ghisolfi. In the Model UN, the members posed as ambassadors of different countries. They discussed topics involving the country of their choice, like Kuwait, Iran, Africa, and Australia. The topics varied from poverty, and culture, to the stucture of the goverment.

Now imagine that you were tracing your roots only to find that one of your ancestors was a famous explorer. Rozia Henson learned that one of his ancestors was Matthew Henson, the only American to accompany explorer Robert E. Perry to the North Pole in 1909.

The Black History Club was open to anyone in the school who had the desire to learn about African-American culture and had an appreciation for it. Tasha Faison said, "I joined because there is no discrimination; although it is called the Black History Club, anyone can join."

The Black History Club encouraged African-American pride. It let students see themselves as contributors. "Learning about famous black Americans is my favorite club activity," said Veronica Loster. Other activities included attending plays, going to museums, listening to guest speakers, and watching movies. February was black history month and displays containing books, articles, and other information, were located in the library and display case in the front hall of the school.

These two clubs not only allowed their members to actively participate in activities but to fullfill their imaginations. After all, who wouldn't want to be president for a day? - By Angela Stanley





Black History Club president Mike Rhoades addresses club members on upcoming events. Monthly meetings gave club members a chance to get together and plan for special events.

Robert Ghisolfi, president of the Social Studies Club participated in many clubs. He was in the Debate Club, Science Club, It's Academic, and in the Math Club.

Desire For High Achievement

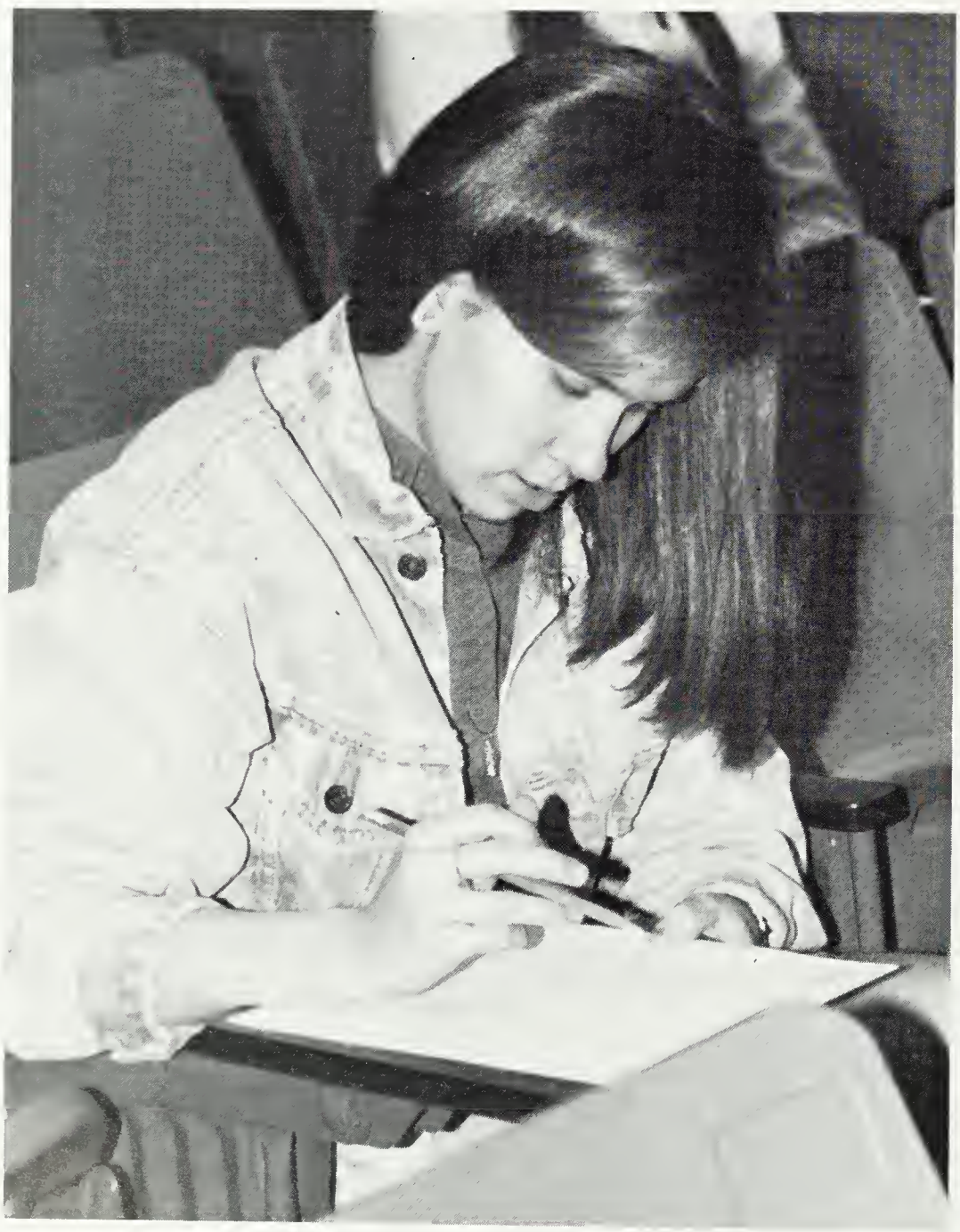
Add, subtract, multiply, divide - what did all these expressions have in common? They involved math; however they also involved science.

The Math Club met during activity period with advisors Mrs. Charlotte Kulbacki and Mrs. Maureen Hijar and club officers Patrick Sullivan, President; Robert Ghisolfi, Vice President; and Yong Gi Hong, Secretary-Treasurer. The members of the club participated in the math and junior league competitions. There were no special requirements except patience and skill for those practice problems to prepare for competitions.

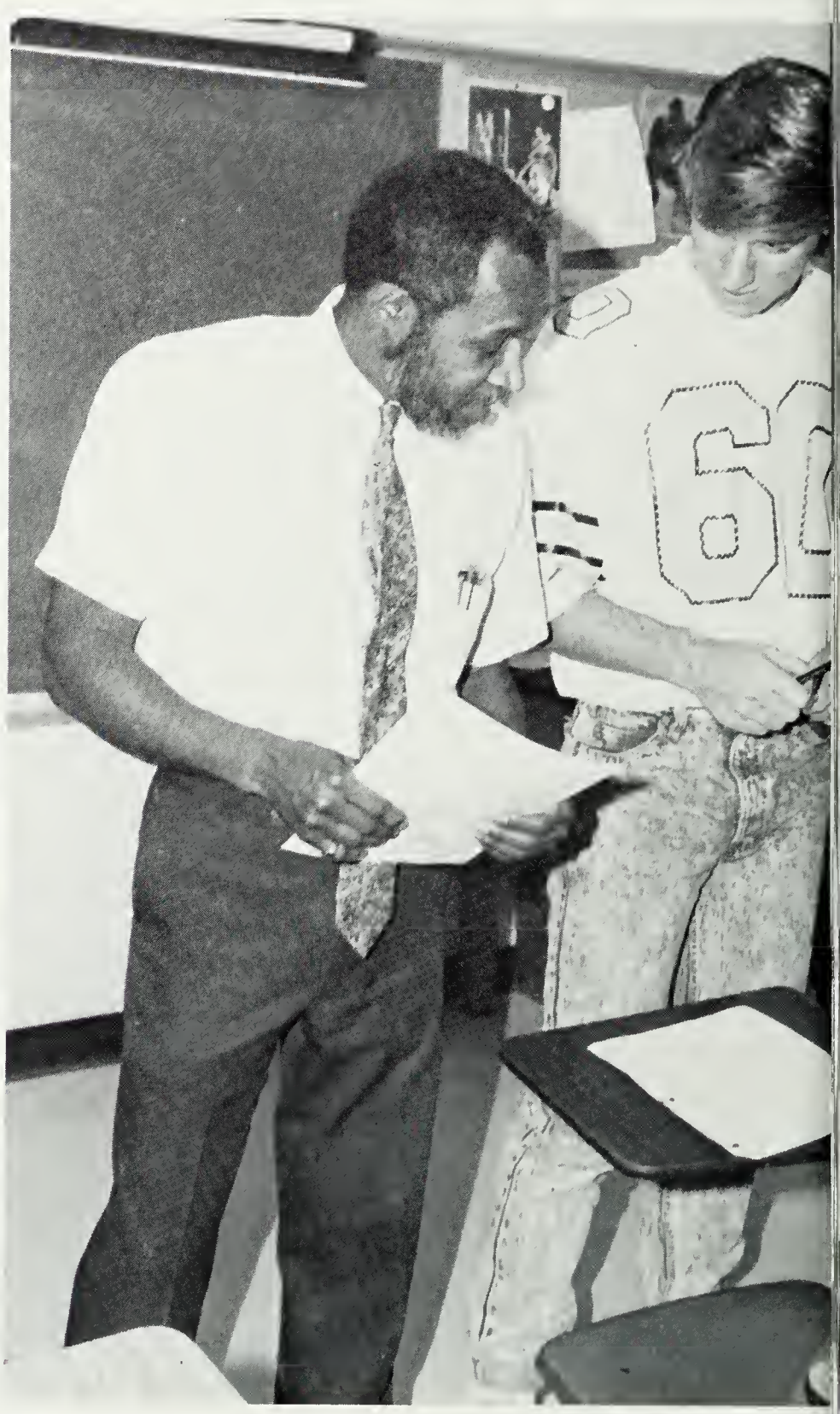
Unlike the Math Club, the Science Club did have some restrictions. Students were required to maintain a "C" average and attend 50% of the meetings. "Since many of us had other club obligations, we met after school", said Jeff Gardner. With only about twelve active members, the Science Club accomplished many things. The club raised money with candy sales to attend the Baltimore Aquarium and other club sponsored activities. Club officers William Potter, President; Thomas Becker, Vice-President; and Naveen Malladi, Secretary-Treasurer; and advisor Mr. Leon Ragland kept the club motivated with activities like the continuous update and redecoration of the science bulletin board.

Both the clubs had something in common. They were always there for someone who had the desire to excel in math or science or to simply explore the possibilities.





Teresa Ryerse along with other Math Club members competed in the Virginia Math League Contest. These contests were held to compete on the state level but were primarily for fun.



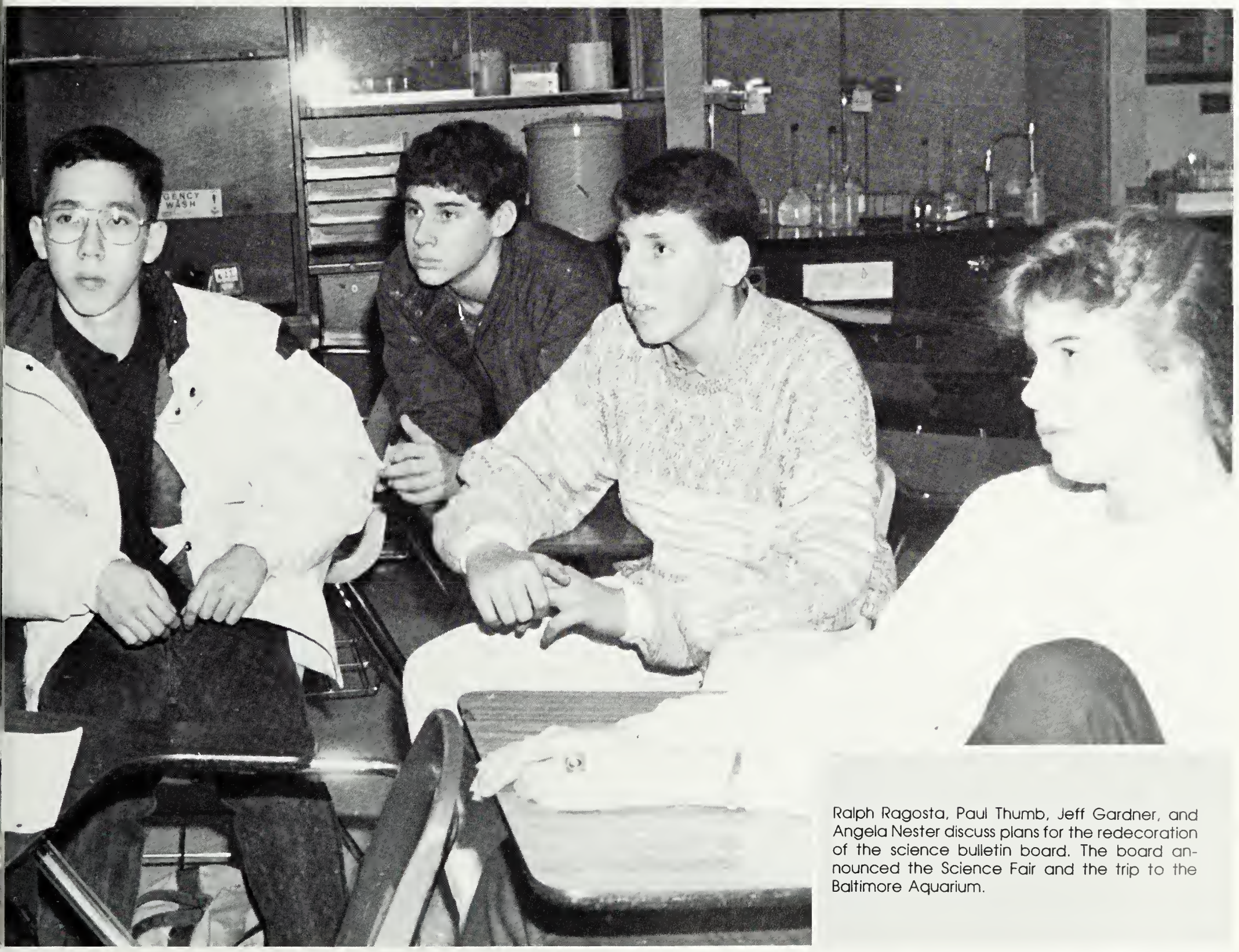
William Potter and Mr. Leon Ragland discuss who will be assigned what task for the Science Club's participation in the Science Fair. The club had a low membership but that didn't discourage their plans.



Practice Makes Perfect! At least that was what Yong Gi Hong thought. He was working on a program with random math problems to help improve his score on the Math League Competitions.

Robert Ghisolfil prepares his Science Fair project before the judging began. Students were given the choice to either participate in the fair or to write a science paper for their class.





Ralph Ragosta, Paul Thumb, Jeff Gardner, and Angela Nester discuss plans for the redecoration of the science bulletin board. The board announced the Science Fair and the trip to the Baltimore Aquarium.

Academics Broadens Minds Seventh Period Adds Class

Q: How many pennies in a mole of pennies?
Q: Who was the father of the U.S. Constitution?
Q: When is the tangent of x undefined?
Q: Academics...Why?
Academics was a series of questions encounterd by students during each aspect of their day. From writing a research paper to reading the romantic verse of William Shakespeare, English encouraged students to ponder who they were and how to express their deepest emotions using different techniques and reading the works of others. Mathematics and science taught students how to use explicit formulas and equations to explain the world around them. With the addition of a seventh period to their day, students were able to dig deeper into the world of academics, filling their days with curiosity and learning.

Academics went beyond the questions and classes of a school day. It became the principles of integrity, intelligence, and courage that students took from the classroom into their homes, communities, jobs, and futures. From dawn to dusk, academics penetrated each nook and cranny of a student's life....All in a Day...
A: Enough pennies for each man, woman and child to buy three cars, two years supply of gasoline, and 100,000 dollars in spare change.
A: James Madison
A: 90 degrees and 270 degrees
A: To fill our days with life's trials, rewards, frustrations, and hopes. -By Abigail Bridges

DAY IN A LIFE

Columnist for the Washington Post, Mr. Bob Levey speaks to aspiring journalism students from Stonewall Jackson, Woodbridge, Gar-Field, and Potomac Senior High in Potomac's auditorium. Mr. Levey informed students about the roles, responsiblilities, and rewards of a reporter and how journalism students should report news to the public with fairness and accuracy. Mr. Levey was first in a series of four programs designed by Prince William County Schools and neighboring businesses to broaden a student's experience and education by allowing him/her to hear from noted people concerning both world and community issues.





As their classmates were listening to lectures and writing essays in second period, Stacy Breeden and Atonetta Bailey attended the military seminar designed to introduce students to the opportunities of a military enlistment and the ASVAB. During the seminar, Staff Sargent Weston of the Virginia Army National Guard distributed brochures embodying the National Guard's comittment to offer college tuition assistance for students who enlist part-time under the new GI Bill.

Stressing the importance of proper hygiene and fighting disease, Mr. Ron Clark lectures his fifth period Health class. He taught health as "a state of physical acuteness and an understanding of the structure of family life and emotions."





Coach Bill Brown observes students on the range, grading them as each exercise is completed. Students learned basic skills in the classroom and on the range to help them learn defensive driving and overcome their fears.



Dribbling to the center of the court, Jim Minchin searches the floor to find a teammate to pass the ball to. Team work was stressed in all sports taught in P.E.

Mastering the Technique

Imagine: A sea of snow-white quivering thighs beating to the omniscent melody of "Chariots of Fire" as a wave of hot, melting, flesh-cluthing tar begins to slowly hug their naked ankles. A feeling of curiosity overwhelms you as you watch these masters of fitness at work. Where did these people come from and into what frontier are they embarking upon?

As freshman and sophomores, students were required to participate in physical education classes where they learned the proper techniques of fitness and how to incorporate those principles into their lives. "At the beginning of the year, each student represented different levels of being physically fit. Throughout the course of the year, as students played tennis, archery, basketball, and volleyball, they learned that becoming physically fit not only took time but extra effort and creativity," commented Ms. Sharon Gregory.

"After P.E., I was afraid to take the next step - Drivers Ed," admitted Keith Carroll.

> "At first, I was nervous that I might hit something, but the teachers and students helped me find the courage and know how I needed to survive - Samone Mahaney"

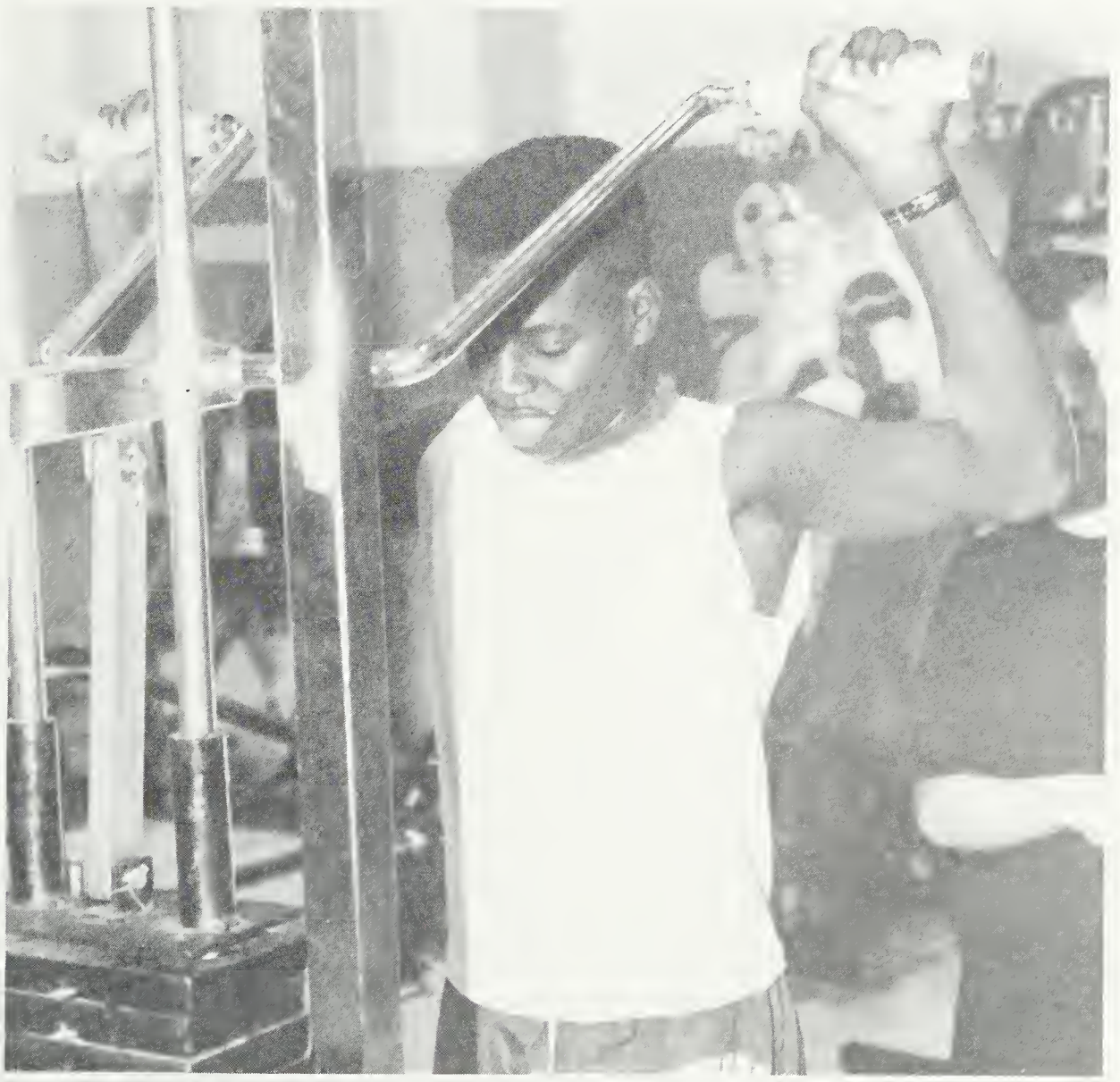
During the sophomore year, students traded off between loading bases and swishing baskets to merging on I-95 and angle parking on the range.

"At first I was nervous that I might hit a post or crash into another car," commented Samone Mahaney, "but the teachers and students helped me find the courage and know how I needed to survive."

The echo of pulsating muscles and the smell of overworked tendons has vacated the field. With the sudden disappearance of the masters of fitness, your mind wanders. Where did they disappear to? In the distance horns honk and brakes screech. A smirk slowly creeps across your face. These masters of fitness left to become masters of another technique: driving. - By Abigail Bridges



As she carefully releases the ball from her fingertips, Carrie Heinzmann demonstrates the proper technique for the shot. Students learned that careless action and thought never rewarded the efforts of time and practice taught in P.E.



As Hakeem Atobajaiye strengthens the muscles of his upper body, he learns to improve the quality of his health mind through hard work and determination. Toning the physical body was stressed through working with various weights.

Traveling Through Time

Bill and Ted traveled through time in a phone booth participating in the development of history as it occurred. Each day in science and math, students traveled through time in their own phone booths--their determination and willingness to learn about the world around them.

Whether it was an algebraeic equation or a geometric proof, math was a puzzle. One thing was clear: there was always a math class for everyone. The problem came with finding ways to make math interesting.

Teachers used various resources to involve their students in hands on application. Green Globs was a computer program designed to help students understand equations and their displacements. Students made boxes out of construction paper to enhance their knowledge of maximum volumes.

Even though math was demanding, students realized how important math was to their future. "Without math, you wouldn't be able to do certain things like telling time or baking cookies," said Charlie Driscoll.

The smell of formaldehyde filled the air as biology students prepared for another dissection, while a loud popping was heard as hydrogen and oxygen were mixed in a balloon during chemistry class. Jessica Aquino said, "I like the labs best because you never know what is going to happen."

> "You can use it anytime in life, and it always stays with you. - Teresa Costa"

One of the best ways for students to explore the knowledge they learned in biology was to take part in dissections of frogs, fetal pigs, and rabbits. They learned how the animal body looked and functioned, relating what they learned to the human body.

The physics labs included studies of force and electricity. Unlike the other sciences, Earth Science did not include labs. Students studied astrology, wavelengths, and volcanoes while receiving a solid foundation in each area of the sciences.

As students applied the scientific and mathematical principles to which they were introduced, they grew to appreciate the value of the work and the variety of approaches to learning. - By Staff

After school Gary Blake makes up a lab determining the empirical formula for magnesium oxide. Students often stayed after school for a better understanding or completion of new subjects and labs.



Nicole Swistak demonstrates how to construct ions during a non-chemical lab. Students in chemistry used molecular model sets to build molecules for a better understanding of molecular structure.

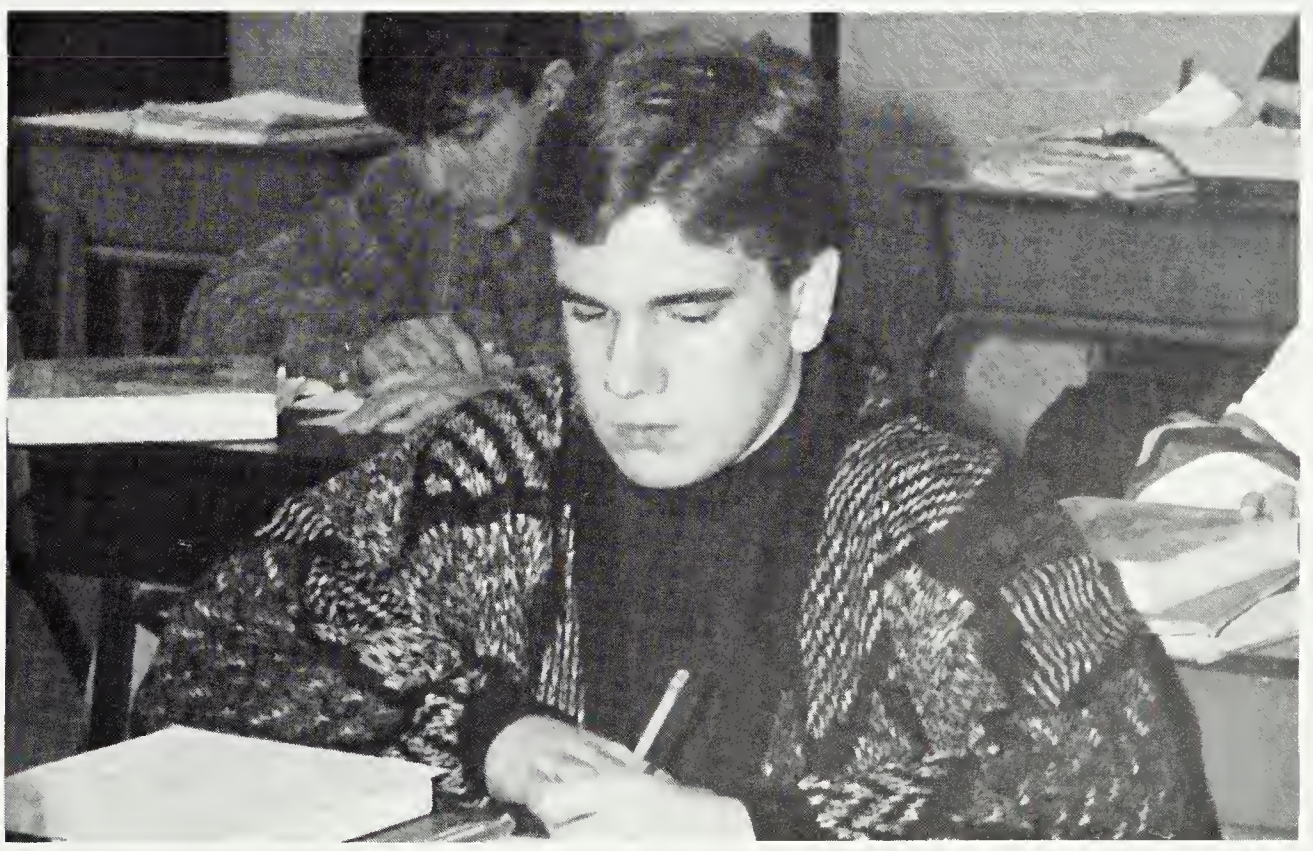




During their lab, Jennifer Massa and Chrissy Davis show to Mr. William Moreland that they understand the pendulum. He often visited lab groups to make sure students had a grasp of the concept.



Mrs. Mary Lou Parsons explains a proportional problem to her fifth period algebra class. Although she explained problems on the board, students were often called on to show their method of solving.



Chris Taylor contemplates a problem on his algebra review. Students were assigned an exam review that helped them prepare for midterm exams.

During his drafting class, Tom Cleary designs a basic layout. Drafting classes taught drawing and measurement techniques needed to excel in these classes.



During class Eddie Rubio and Chris Lovich take the fender off a car for a quiz grade. Skills were learned from books or the teacher. Then students worked on the cars, and finally a test or quiz completed the skill.



Robert Johnson sands a crew shell before he puts on a new finish. Students did extra assignments for class after school to help improve and expand on their skills.

Getting Their Hands On

While sitting in class working on history, a sound rumbled throughout the hallway. It shook the floor like a San Francisco earthquake. You were startled and suddenly realized that it was the vocational department.

The vocational department gave students hands-on training. They worked on cars, built and designed houses, printed papers, and made radios. These classes helped students learn a job for when they completed high school.

Most jobs required experience or training as preparation for that career. Mr. Frank Higgins said, "These classes give students the basic knowledge for a job, and students can apply their academic skills to a job situation."

Vocational classes included Technical Drawing and Drafting, Graphic Communications, Powers and Transportation, Electronics, Auto Body, and Construction.

> "These classes give students the basic knowledge for a job, and students can apply their academic skills to a job situation. - Mr. Frank Higgins"

Graphic Communication gave students the opportunity to practice printing techniques and develop pictures. The class made posters and forms used throughout the school as well as homecoming invitations for graduates.

Electronics gave students the skills of electrical wiring which they used to repair televisions, radios, and V.C.R.'s. They also learned the basic skills in consumer electronics so they can fix computers and software for businesses. "We also play computer games and work with the programs and make our own," commented Jason Johnson.

Power (Continued on page 178)



Jason Edwards hooks up a circuit for a light fixture during his construction class. Besides building structures, students learned how to hook up plumbing fixtures and even did basic wiring.



Techinal drawing student Matt Morell erases a design he drew for class. Mistakes were made but were corrected many times throughout a project in drawing classes.

(Continued from page 177) and Transportation was another vocational class that prepared students for a career of fixing small motors after completing high school. Jason Edwards said, "The skills I am learning now are things I can take with me when I go into a specific career later on." This class equipped students with the skills to repair lawnmowers, appliances, and other small equipment.

In the double period Auto Body class, students got hands-on experience with repairing and painting cars, which were donated by the community. Students perfected their skills while working on the cars and were given tests on the basic knowledge learned.

This was the only Auto Body class in the county, so students bussed in from other area high schools to take this class.

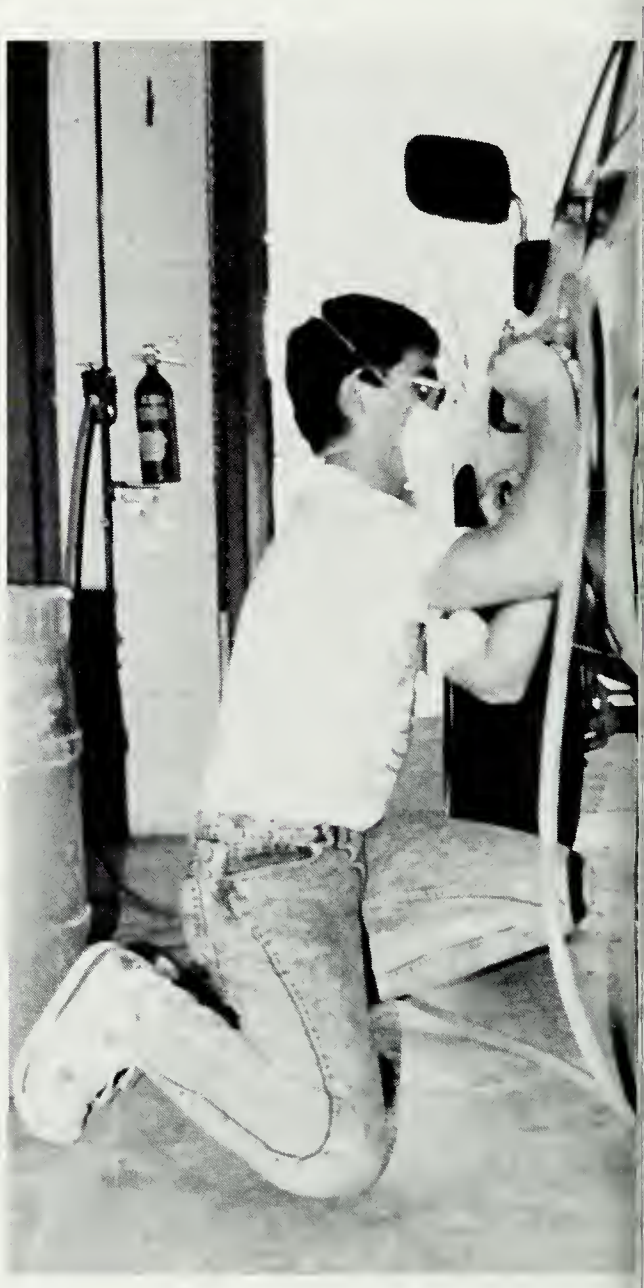
Technical Drawing and Drafting provided basic architectual design and measurement. Students began learning skills that first year college students started on. Jimmy Harris commented, "The people I know in college are just learning the things I already know!" Construction included building, plumbing, and wiring of houses. After school students often built sheds and later sold them to the community.

> "Experience helps you do better in a job, and that's why I took these classes. - Tommy Peterson"

These classes prepared students for jobs because they already had the basic skills and knowledge required for entry-level positions in their field. Tommy Peterson commented, "Experience helps you do better in a job, and that's why I took these classes." - By Karen Oswalt



Suzie Robacher prepares a layout for a business card design. Printing classes prepared business cards for students and community businesses.



Mike Milligan sands the side of his truck after school. Staying late was not unusual for students due to the time needed to perfect some of the advanced skills.

During electronics class Peter Ayres and Sean Bradus test an amplifier they made. This was only one of the many levels to be accomplished in electronics.



Mr. Chris Kadis explains the process of using the printer to Kenny Jacobs and Brian Tucci. Directions were given to help in safety precautions in the lab situations so that students could prevent injuries and accidents.



Construction students, Eurwin Garcia and John McIntyer, prepare a boat for crew. Construction classes showed students the basic knowledge in class so they applied these skills to a real situation.

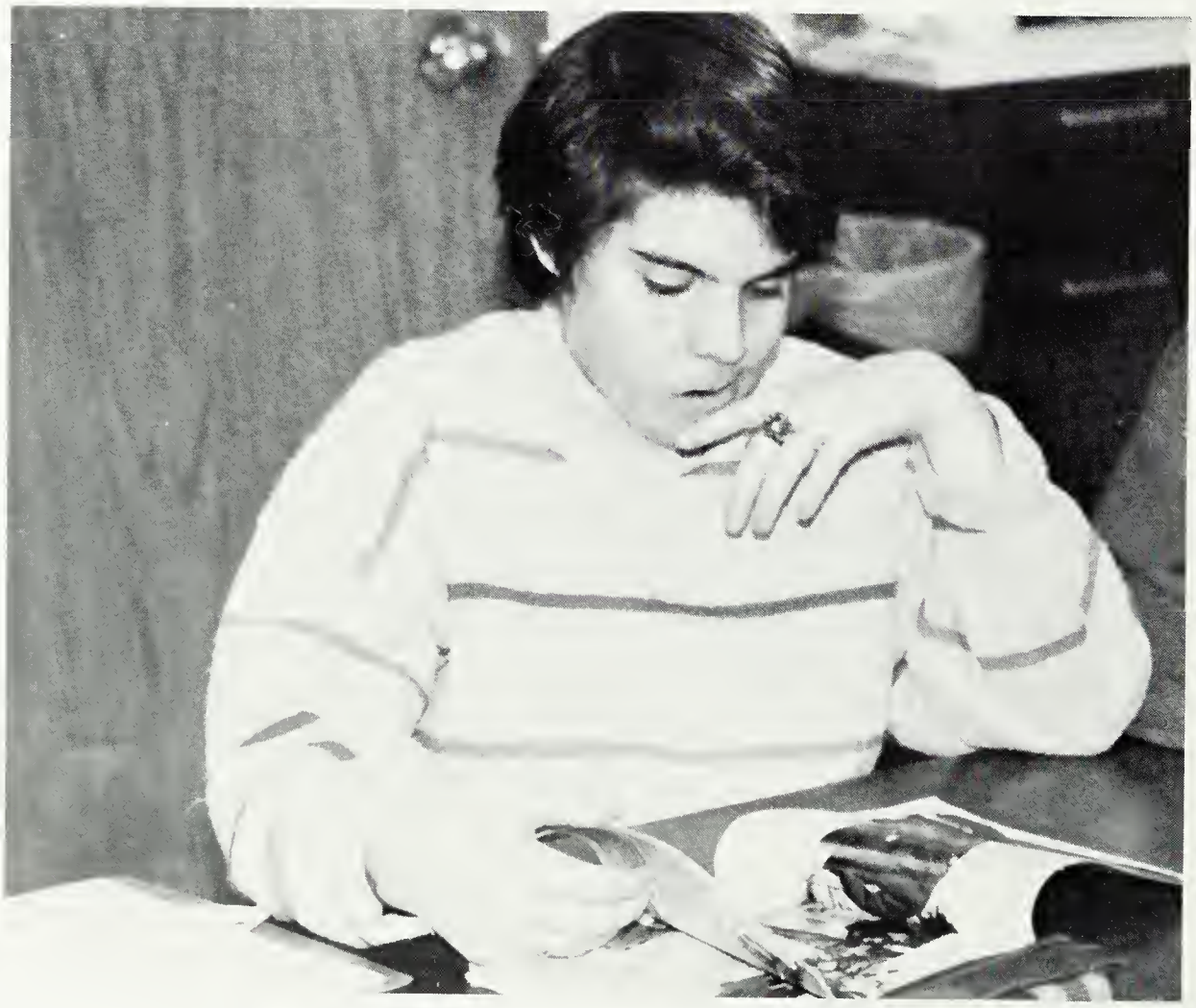
Down To Business

The tapping of typewritter keys and adding machines or the blips of a computer, these were the sounds of the business department. Students typing furiously to finish their timings or pressing buttons to come out with the correct sum in accounting could cause quite a racket. These and many other business classes were very beneficial to every student's schedule. "If the students have the space in their schedules to take a business class, the minimum they should take is keyboarding applications and accounting. These will prepare them somewhat for college," explained Mrs. Diane Stevens. Also on the subject of college, Mrs. Nancy Matfeld added that, "Any student planning to major in business should take Accounting I and II in high school." This was good advice and many students took it. "I take typing because I'm going to college, and I need to know how to type my reports and research papers," said Jessica Aquino. However, some students took business for other reasons besides preparing for college. Classes like accounting could also be helpful in everyday life after college. Tara Golding stated, "Even though I don't plan on majoring in business, I feel accounting will be helpful in the future when I handle my finances."

> "I take typing because I'm going to college and I need to know how to type my reports and research papers. - Jessica Aquino"

However, the business department wasn't the only place where students could find the skills to plan careers. The marketing department also offered fashion merchandising. This class showed students the trades of the fashion industry and was great for students who were interested in fashion careers. "I'm taking fashion merchandising to learn more about the fashion industry. I've been taking it for the last two years and plan to continue with it in college," explained Colleen Flynn. Students in fashion merchandising were able to learn close up about the industry on field trips to New York and fashion shows, and they were even able to use the skills they had learned when they put on a fashion show organized by Ms. Jean Cahall.

As far as planning or the future, both the business and marketing departments are great for all students, and many discovered the necessity of these acquired skills. - By Jennie Gordon

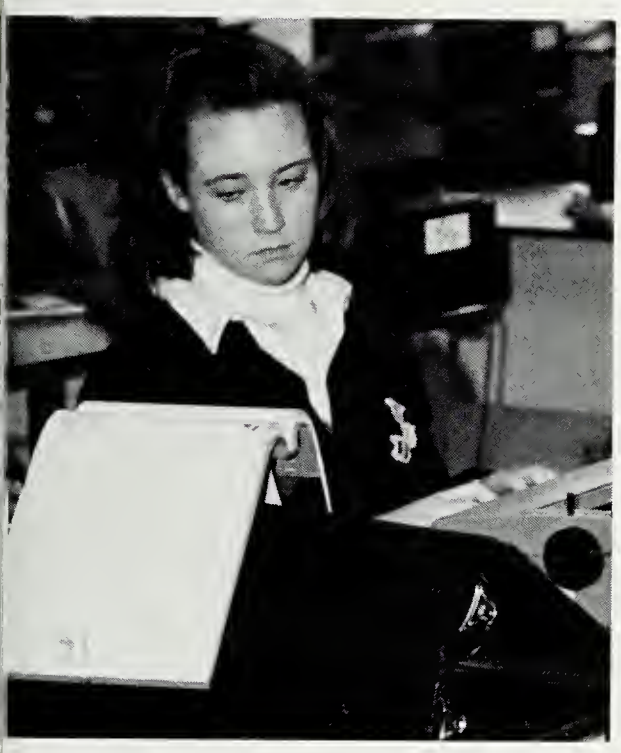


Kelly Haller thumbs through a fashion magazine during class. This was sometimes part of the assignment in fashion merchandising because students were able to become familiar with current styles.



Mrs.Margaret Scoleri reads off the letters in a typing assignment to her class in order to familiarize them with the keyboard. As she read, the students had to press the keys without looking at them.

Jennifer Rodriguez and Mike Rhodes work together to get the printer of the computer working. Computer Concepts was a one semester course followed with one semester of keyboarding applications.



Laurie Smith types out an assignment during keyboarding applications. Many students took this class to have the much needed skill of typing for college.



Shannon Gesling studies the figures in her accounting textbook. Many students who took accounting were interested in a business career.

Eun Ham, Tammy Kahran, Chris Pierce, Kurt Daniel, and Steve Graham sing "The Twelve Days of Christmas" at the winter Concert with the Camarata Singers. The students enjoyed putting together singing and dance movements to produce an exciting and effervescent concert experience.



Alex Matos, nicknamed "Mr. Mariachi," gets in those last few minutes of practice before his solo in "Sleigh Ride." Practice was an important part of a student's musical life as it helped keep competition and caliber up to competitive standards.



In order to liven and excite the students for the State football game Scott Bateman and Fredric Ferm perform in the lobby with the marching band. The Notre Dame fight song was adopted by Potomac and when the tune of the "Fighting Irish" was heard, the fans of Potomac knew the Panthers were on the prowl.

Music Brings Note-oriety

What is that beautiful sound? The Philidelphia Philharmonic? The Boston Pops? No, it's the sound of the Potomac music hallway. At any given time, every period of the day, there was a music class practicing. Mr. Melvin Goodwyn's choirs, Mr. Larry Casey's orchestras, and Mr. Gary Zolman's bands all took pride in making and being Potomac's music department.

There were many talent levels in all three sections. Try-outs were held to determine in which class a new student should be placed. "I can remember being nervous about getting into the Symphonic Band. I shook during try-outs, but I did it and enjoyed the band very much," commented Stephanie Garland.

There were 29 members in the Intermediate Orchestra and 34 in the Advanced Orchestra. "There is a wide range of talent in the orchestras. I have a good time dealing with the students who love their music. I really relate to that," stated Mr. Casey. The Advanced Orchestra played "Cantata Number 28" by J.S. Bach/Siennicki and "Bring a Torch" by Leroy Anderson for the Christmas concert. Symphony Orchestra joined them with "Tintinabulations" by J.S. Purpont/Punwar and "A Christmas Festival" by Leroy Anderson.

> "There is a wide range of talent in the orchestras. I have a good time dealing with the students who love their music. I really relate to that. - Mr. Larry Casey"

The choir had six different sections, with the most talented being Camarata. These students tried-out one year prior to their Camarata year and had to be superior singers to be selected. This group sung for special occasions and concerts. During the week of Christmas, Camarata Singers merrily sang and spread joy throughout the (Continued on page 185)



Tom Becker and Tim Ferenschak coerce together before the combined winter orchestra and band concert. The two didn't seem nervous although it was an important night for both respective groups.



Mr. Gary Zolman and flutist Phyllis Dodson look over potential music for solo ensemble. Students in band were required to participate in an out of school performance in order to be eligible for a band letter.

Showing great form, Diana Morse plays "Let it Snow" with the flute quartet at the Winter Concert. These students rehearsed pieces on their own time and enjoyed sharing their talent with others at benefits.



Members of the Varsity Choir cross lightsticks as a symbol of light and hope for everyone during the song "Silent Night." The choir worked hard during class and after school to prepare the choreography for the concert.



Heather Cannon, Shannon Bateman, and Lisa Beall review a new piece of music for Camarata in preparation for a run-through trial. Things such as key signature, lyrics, style, and tempo were fundamental in creating a near perfect performance.

Noteable Performers

(Continued from page 183) hallways. The Varsity Choir sang "Silent Night" with light sticks at the Christmas concert.

Barbershop Quartet went to San Francisco in April and had a terrific time. "It was one of the greatest trips I've ever taken in my life!" commented Kurt Daniel.

The band has two sections also: the Symphonic and Concert Bands. This past year, Mr. Zolman put the meeting of classes by sections into effect for the Concert Band. The result was better education on individual instruments and better attention to specific needs. At concerts the sections grouped together to form one band. "It makes quite a difference when you have a whole year of 'sectionals' instead of full band rehearsals. You could definately hear the improvement," boasted Mr. Zoiman.

The Symphonic Band met sixth period and enjoyed being the experienced members of the band. All members worked hard to keep up the high standards. The band played "Visions of Flight" by Robert Sheldon, "Noel Francais" by James D. Ployher and "Sleigh Ride" by Leroy Anderson.

Mr. Zolman also took on an extra curricular Jazz Band this year and was very impressed by the sounds he heard. The band's favorite piece was "Somewhere Out There" by Mark Taylor. The Jazz Band practiced two hours every Thursday and was a nice addition to the music department's repetoire.

> "I can remember being nervous about getting into the Symphonic Band. I shook during the try-outs, but I did it and enjoy the band very much. - Stephanie Garland"



Mr.Larry Casey and cellist, Jason Deptula, decide what to do about a last minute technicality. Students were responsible for making sure preparations such as instruments being tuned, warming voices, and bows rosined, were completed.



Orchestra members, Mary Lou Swanke, Jessica Pavia, Katie Plakeity, and Charlie Scott gather around for a little socializing before the concert. Members used this time to relax and calm each others nerves before a performance.

Doomed

What was the only class where you could learn about the past, present and the future? In Social Studies, Sociology or 20th Century History.

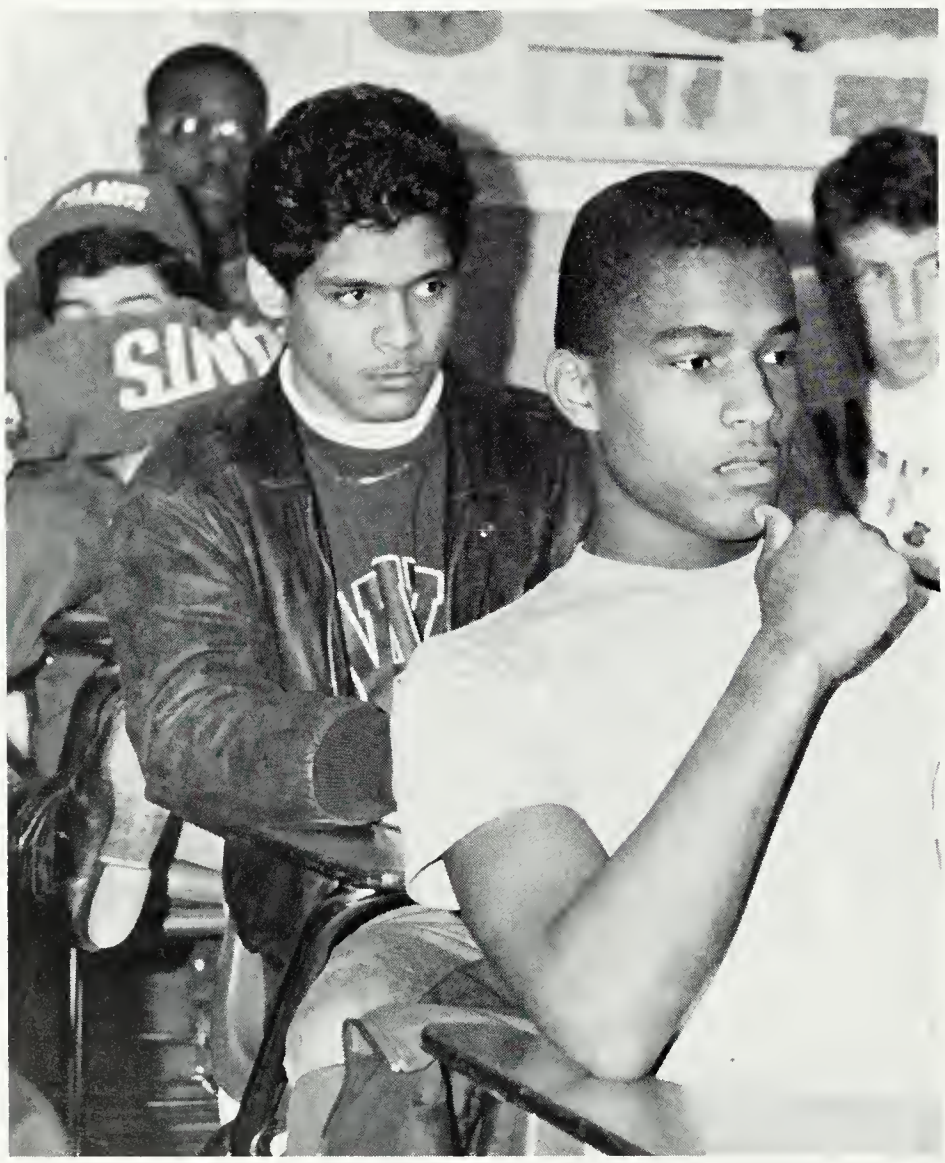
Marcella Gallo said,"My favorite part of American Studies is studying about the wars." Emily McCall said, "My teacher, Mr Dave Colcombe, really grabbed our interest because of his first hand experience with war situations and his love of history. We always got two perspectives-the book's and Mr. Colcombe's." As students found an interest in learning about wars, teachers also enjoyed teaching this aspect of Social Studies.

After Mrs.Lorraine Sadler's American Studies classes learned about the Civil War, they chose a project that related to it.

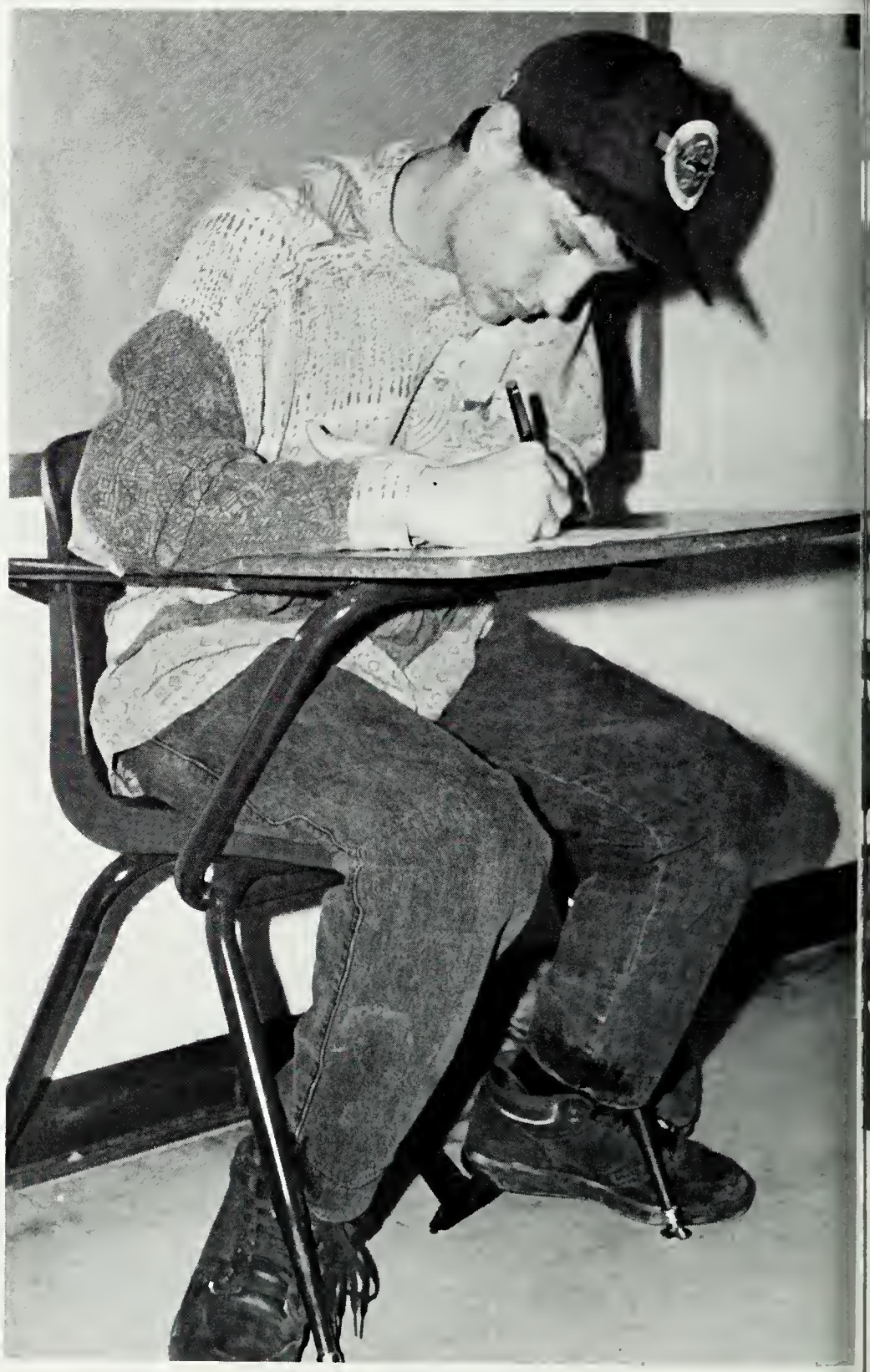
Popular projects were reinactments. Mr. David Cassady enjoyed teaching the more modern wars. His classes studied by breaking up into groups or playing review games like Jeopardy. Mr. Cassady said, "My class loved review games because it allowed them the opportunity to talk."

> "My teacher really grabbed our interest because of his first hand experience with war situations and his love of history. - Emily McCall"

There was a positive outlook to taking social studies courses. As the American philospher and author, George Santayana, once said, "Those who do not remember the past are doomed to repeat it." Those who studied the past in social studies classes were not doomed because they not only learned about events but the significance of these events to their individual lives.
- By Angela Stanley



Pablo Alvarado and Dante Thomas watch their fellow class members play a game of Jeopardy. Only four students could play at one time, so they took turns.



Brad Revis completes his quiz. Teachers used quizzes to make sure students were studying their materials.

Mr. Mickey Mulgrew marries Mike Sines and Francis Moralas as Best-man Tim Dearing watches. Sociology students performed mock marriages as a project.



World Studies student Mikey Dovberg takes notes during class. Good notetaking skills became important for any class. They were essential for earning good grades.



Chris Clayton, Brandon Allen, Matt Boyd, and Matt Decatur play a game of Jeopardy. The questions were based on the kings during the Middle Ages.

Around the World in Two Semesters

Lenqua, Langue, Sprache, Lingua, are all different ways to say the word language. Spanish, French, German, and Latin were the classes where students learned these words. Classes that opened the door to a whole new culture and way of life held interest for numerous students.

Kelly Dovel said, "I enjoyed the cultural aspect of foreign language. It allows us to explore the ideas and lifestyles of different countries." The exploration of the many students. Grammar, literature, and geography along with culture set up an overall view of the language students studied. Foreign language was a very full experience.

Learning the location of various cities was a major part of forgein language classes. Amy Waldhauser explained, "Geography was a difficult part of Spanish because you had to establish locations on the maps and learn background on each city." Geography involved extensive studies on culture, people, famous rivers, mountains as well as cities. The literature and art from different regions of each country were also part of the learning process.

> "I enjoyed the cultural aspect of foreign language. It allows us to explore the ideas and lifestyles of different countries. - Kelly Dovel"

Literature was a big part of all foreign language classes but played a bigger part in the more advanced classes. "Reading stories is mostly what we do in Spanish IV, and translating them is a real challenge because the language used is more advanced than what we are used to," said Anitra Piper.

(Continued on page 191)

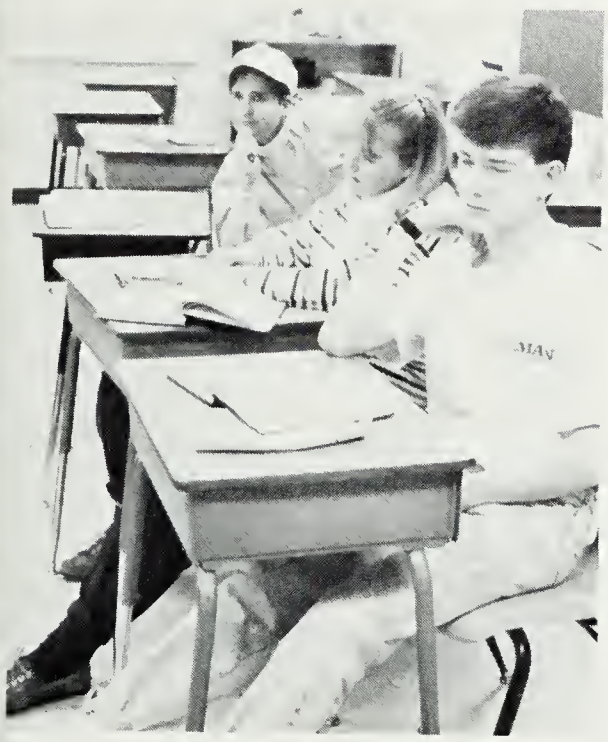


Ricky Grayson glances over his Spanish homework during class. Homework assignments were almost always accompanied by a foreign language dictionary.



Mike Grasso translates Spanish sentences into English. Exercises like these were used to strengthen writing in the different language.

Jim St. Jean receives help on his German assignment from Mrs. Marlies Smith. German was an alternative for students who didn't want to take the usual choice of French or Spanish.



Tim Reagan, Pamela Slater and Marc Hurst listen and discuss during Latin class. Discussions during foreign language classes helped students to better understand the material for tests and quizzes.



Brad Sawler and Chris Stewart work on a group project in Spanish. Group work was important in Spanish IV because with more students it was easier to translate the difficult language.



Mr. Donald Hiller explains a Spanish assignment to Paula Pearson and Rich Pavone. Questions regarding the meanings of words and phrases were frequently asked in all foreign language classes.



Miranda Johnson and Richard North listen attentively as their teacher explains active and passive participles.



Floydette Williams finishes up a test while Mrs. Alexandia Rustan prepares to pass out flags. During Foreign Language Week, flags were worn by students representing the country they were studying.

(Continued from page 188) Learning about artists, writers, and foreign leaders who were natives of the countries was also included, but before students could enjoy the literature, they had to understand the grammar.

Grammar was the basis of all foreign languages. It was studied throughout all levels of foreign language. Different levels of each language required different styles of teaching. Mr. Donald Hiller expressed, "The ability to use proficiency oriented methods of teaching made things easier beccause you can use it with everything. It made working with students much more successful."

Oral presentations were a fundamental part of every foreign language student's career.

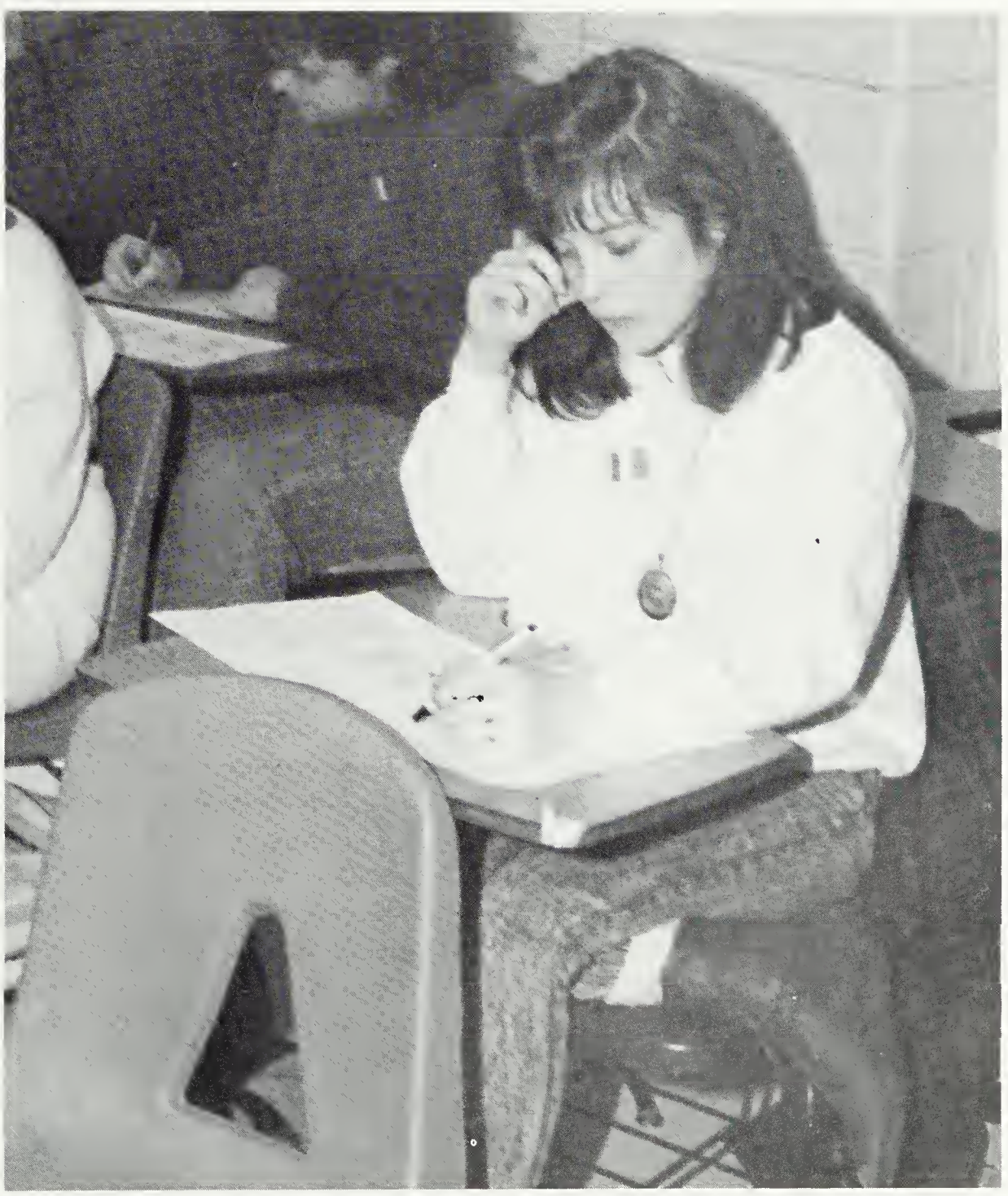
> "Speaking in front of the class can be very embarassing, especially when you are not sure if what you are saying makes sense. - Scott Gordon"

Speaking in front of the class was a difficult thing to do for some people. Scott Gordon stated, "Speaking in front of the class can be very embarassing, especially when you are not sure if what you are saying makes sense."

Foreign language was the key to opening the doors to a whole new world. There was even a chance for students to use what they had learned in class on trips sponsored by the school. Although not every student went on these trips, the language they studied might possibly help them some time in the future. - By Jennie Gordon and Sarah Lawson



Mrs. Gloria Miller decorates the showcase announcing Foreign Language Week. Publicity for the event was not only done by teachers but also by students who often received extra credit for their posters.



Sheila Jones finishes the listening comprehension portion of her French test. With all the essentials out of the way, many classes enjoyed "cultural experiences" during Foreign Language Week.

Sharifa Shanaz and Jeff Hooper revise paragraphs with the help of Mr. Micheal Eye. Learning correct revision skills was an important part of successful writing.



Kevin Wilson and Joseph Somosky listen intently to Mrs. Faith Holcombe's lecture. Listening skills prepared students for careers, college and life.



April Sackett and Lori Wagner present town projects to Mrs. Besty Maloney's English class. Research and presentation were requirements of every English class.

The Power of Language

We plunged through our texts and into new and exciting centuries. We delved into other people's lives and the world they lived in. Through this exploration, we found the basis of our society and especially our language. Language? Yes, the history of English accompanied our study of grammar.

Students in eleventh grade read John Steinbecks's novel "Of Mice and Men" and Arthur Miller's play "The Crucible." Lea Perry said, "English this year is more interesting than in 10th grade because we learned more about American Literature and the origin of our literature." Classes chose books they wanted to read from a desired reading list to supplement regular class materials.

Mrs. Lorrie Weidenbruch, a new teacher, taught 10th and 11th grade. She enjoyed teaching this curriculum because of the material and the fact that students took more responsibility for their failures and successes. Elizabeth Greenhalgh said, "Self confidence is the road to success. You must believe in yourself before you achieve your goal."

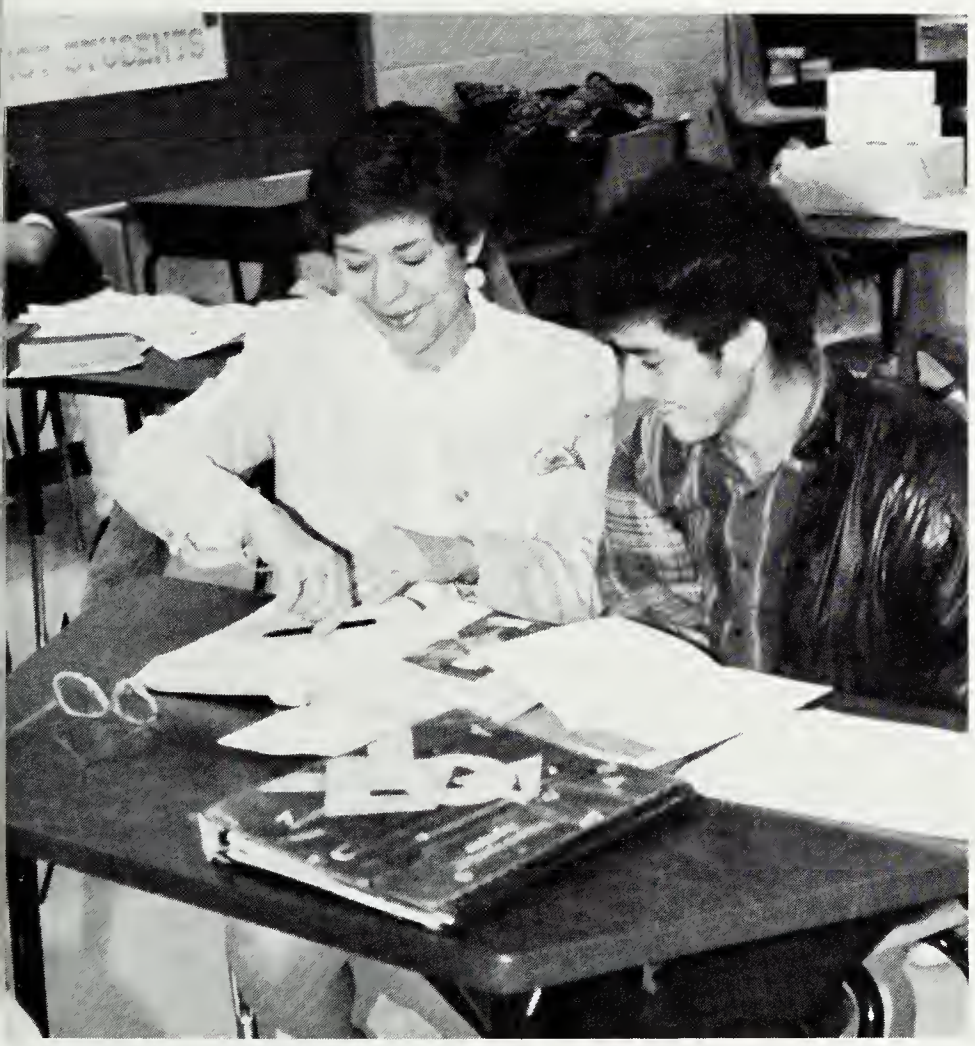
> "I enjoyed reading the old American and foreign literature because the histories behind the stories are intriguing. - Matt Simpson"

The 10th grade curriculum involved indepth studies of King Arthur while ninth graders received an introduction to Shakespearean drama. Underclassmen learned about all types of literature in order to develop an appreciation for the variety that was available.

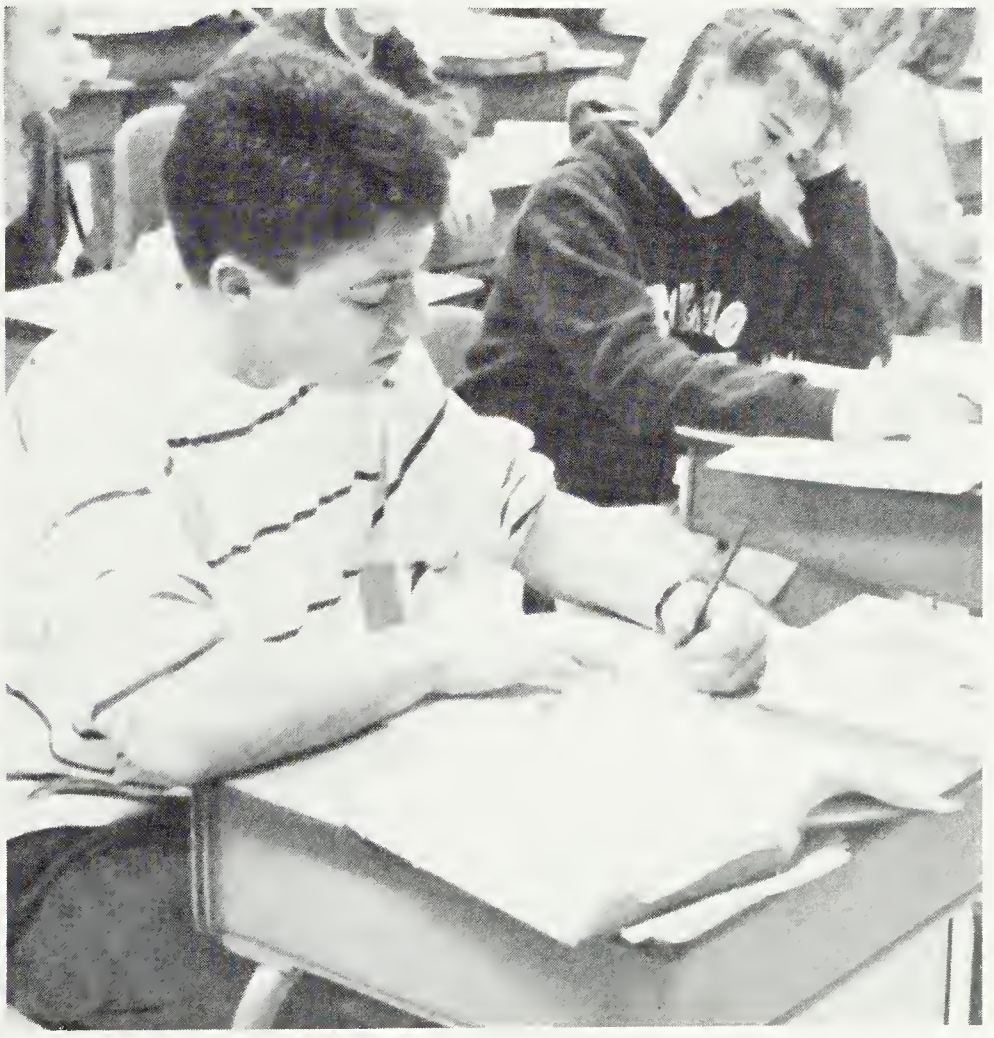
Seniors learned of English literature in their study of "Camelot," "Macbeth," and other selections. Matt Simpson said, "I enjoyed reading the old American and foreign literature because the histories behind the stories are so intriguing."

The English department also offered other classes to students including English as a Second Langauge and a PSAT Prep Course for students preparing for the SAT test.

As we delved deeper into our past, we began to see where our language and early american literature originated. English and history went hand in hand. After all, there would be no history without language. - By Sarah Lawson



Mrs. Rena Brooks works on grammar with ESL student Felix Rivera. English as a Second Language was offered to students from different cultures to better orientate them with the English language.



Learning about phrases, Matt Brunner and Lori Fearing do the excercises from their English grammar books. Basic grammar skills helped students better understand the language and build on their writing skills.

For the Students, by the Students

Click, Click, Click went the typewriter keys - more like computer keys with the technology of today. The sound of students working filled your ears. These were not "normal" classroom sounds but the sounds of printers, students editing each others' works, and sometimes even music.

Working with deadlines and trying to meet them was one thing, but having to make a $25,000 book the best it could be was especially challenging. As students opened the cover of the yearbook, memories poured out. It brought back the State football game, all the classes, and those freshman fears.

Yearbook went through a major change with a new sponsor, Ms. Karen Rubus. She said, "Yearbook is a school book which means that I need to be aware of what everyone in the school is doing. It has been eye opening to see the amount of time and energy that goes into such a large project."

The newspaper, the PHS Class, also had deadlines. Coming in on Saturdays to get everything done was a last resort, but everyone was committed to the job. "Meeting the deadlines was hard, but when we met them it was great knowing we had done our job," commented Jay Wallace.

> "Meeting our deadlines was hard, but when we met them it was great knowing we had done our job. - Jay Wallace"

The newspaper came out every six weeks from the students of Journalism II. They edited stories, had interviews, and designed layouts, while Journalism I classes learned skills for the following year. "It was a real pain to set up an interview and then have your source fail. I'd have to call up people sometimes at 10:00 p.m. just to reach them," said Stephanie Miller.

The rest of the creative writers, poets, and artists headed to the Literary Magazine. Meeting after school, the staff of "Out of the Blue" worked on collecting and assembling interesting and unique pieces of work. They read and put together entries before sending it out to be printed.

After all the work was done, the yearbook, newspaper, and Literary Magazine reminded you of the year, brought you up to date, brought enjoyment from memories long forgotten. - By Tracy Adams



Reading in English class, Holly Garfield enjoyed the newspaper she had been given as she walked through the school doors. Because Journalism students could not interrupt classes during exams, the student body had a chance to read it for free.



Co-editor Melanie Corbin concentrates on editing a piece of work for the newspaper. Editing was a major factor in printing the newspaper to cut down on mistakes.



As Ad Editor, Chris Nicholson edits and fits ads with the computer and makes sure the art work is in. Each student had to obtain one ad from a business in the area to help pay for the newspaper and computer equipment.

After making last minute changes, Tracy Adams checks over her work. Making sure everything was correct before it was sent to the publishing company was necessary in order to avoid making costly corrections.





Literary Magazine Staff: Front Row: Pilar Johnson, Cleary Krapfl, Kevin Becker, Valarie Tidwell, Amy McCaskill **Back Row:** Tara Patsche, Duncan Shea, Charlie Driscoll, Rodney McLaughlin, Kate Knight

Express Yourself

Somewhere down the line of many students' high school years, they would ponder the question of, "When am I going to use trigonometry anyway?" But this question would never have to be applied to the classes of art, home economics, or cosmotology. Students enrolled in these classes learned valuable things that they would use in every day life, while having an outlet for creativity to express themselves.

The artists of Potomac were taught many things about design and technique. They put their ideas to use every six weeks when learning a different media. "I like the creative aspect of the class. We get a certain amount of (artistic) freedom with our work. You don't get that in most classes in this school," said Mark Hijar.

For those who wanted to boost their cooking and sewing skills, they fould their place to be home economics. Donnetta Walton enjoyed home ec. because, "I like cooking, so learning how to make a different thing every week was fun."

> "I like the creative aspect of our class. We get a certain amount of freedom with our work. You don't get that in most classes in this school. - Mark Hijar"

Taking cosmotology as a high school course allowed students to become certified to work as beauticians in the state of Virginia. Aspects in beauty care such as manicures, hair and skin care, and make-up tips were included in the curriculum.

Art, home economics, and cosmotology were important in shaping the lives of students. Whether someone wanted to learn or enhance skills in these fields, there was always room for artistic expression. - by Tara Rohren



Daisy Rankin styles Amber Phillip's hair with skills learned after 2 years of cosmotology classes. Daisy planned to take the State Board test for her license so she would be able to practice cosmotology as a career.



Jasmin Wiltshire removes her class's individual tarts from the oven. A favorite part of home ec. for many students was being able to eat their assignments.



Cooking was the fun part, but home ec. was no place to escape book work. Here, Phouliane Phantriyovang and George Curtusan study an assignment on the various fillings of pies and pastries.

Seth Heywood concentrated on his slump glass project. This relatively new craft was introduced to Potomac by Mrs.Carolyn Leggett.



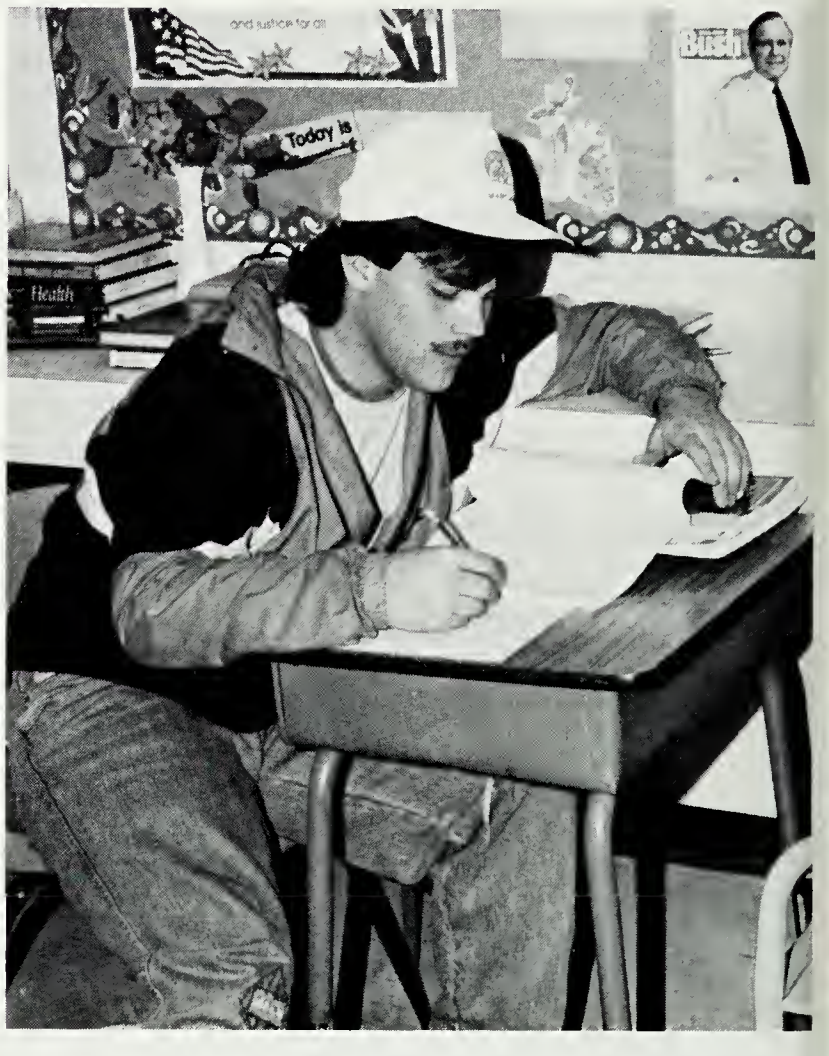


Kim Barnett put the finishing touches on her paper mache sculpture of a cheerleader during her art class. This lengthy project taught students proportions of the human body as well as the refinishing process.

Mrs. Vivian Ivey helps Kristy Davis find the book she needs for class. The librarians were instrumental to the students who had difficulty finding materials or using equipment.



Researching a world religion for 20th Century History, Leslie Davis arranges the microfiche printer to copy an article. The microfiche helped students search newspapers and magazines to find what they need quickly.



Jeremy Vrendenburg uses study resources to help him with assignments. The resource department helped students clarify and supplement their work.

In Tune With Times

"The times, they are a-changin'," sang Bob Dylan, and during high school, we experienced these changes in massive proportions. Lucky for us, there were people trained just to help us out. They had an answer to almost every question we asked.

"The counseling department tries to make sure that high school is a good experience that students will remember," explained Mrs. Kathy Kunze, head of guidance. The majority of students could not have gotten through high school without guidance being there to help them. Throughout the year, guidance helped students schedule for the years to come and supported them through tough social times, family problems, and personal problems.

Because of the breakout of war, guidance formed a support group for those with family and friends in Operation Desert Storm.

At the support group, students were able to express their feelings and fears about the war.

Guidance helped students socially, personally, and in planning for the future by staying in tune to the times and by changing with student needs. The library, on the other hand, helped out students academically.

> "The counseling department tries to make sure that high school is a good experience that students will remember. - Mrs. Kathy Kunze"

In the library, librarians helped make research easier and provided computer assistance. TOM computers, copy machines, microfiche, and microfilm were available to get information for projects and reports. David Baker said, "I like to go to the library to gain knowledge from the wide variety of excellent books."

Throughout the year, entire classes attended the library to do projects. Being with other students in the class made work easier because it was possible to compare notes and have someone to talk to. Mr. Bill Fulp said, "I hope that the library was a place for students to come to relax, read, study, and do research."

These resources reassured and helped us throughout the year more than anyone realized. Without them, we could not have coped with the pressures of everyday life. - By Stephanie Vermillion



Finding spare time during the day gives Liz Gregory the chance to relax and read a magazine. Students visited the library just to relax and read hobby or interest articles.



Mrs. Joanne Willis assists Billy Rea and Christy Rankine in scheduling for next year. Scheduling was only one of the tasks that counselors helped students do.





Junior Civitans: Averill Anderson, Christi Athas, Allyson Babcock, Jason Banks, Amanda Barclay, Micah Bartron, Marie Bastle, Paul Bielewiecz, Brent Booker, Stephen Bourne, Amber Bowers, Chelsea Bowers, Steve Boyd, Jonathan Brock, Jason Brown, Jen Bucci, Cindy Buckley, Amber Burnette, Bridget Byington, Ron Carlson, Mike Carver, Mike Caton, Jennifer Cherock, Sheri Closson, Claire Collins, Nora Collins, Theresa Costello, Chrissy Davis, Wendy Deabenderfer, Debi Deharde, Colin Donnelly, Venessa Donnelly, Mike Dowd, Becky Dowell, Rob Dudley, Kelli Durham, Meredith Dykes, Rommel Esguerra, Julie Falk, Stefanie Fennig, Katie Flaherty, Olga Forsyth, Kindra Freiherr, Scott Furbee, Christie Gagnon, Mikele Galbraith, Scott Gordon, Jennifer Gray, Becky Harpster, Tim Hayden, Josh Heatwole, Scott Hecker, Micah Henry, David Hieber, Karen Hieber, Mark Hijar, Stephanie Hipple, Jennifer Holloway, Christy Holly, Lara Holt, Cyndi Hudson, Cheryl Hunter, Christyna Hunter, Clint Ingram, Megan Jacoby, Pilar Johnson, Alexis Katsarelis, Steve Kellerman, Mandy Kelley, Jennifer Kellogg, Ethan Kent, Heera Khanna, Moti Khanna, Punna Khanna, Sean Kirkhart, Tom King, Kim Kline, Bobby Knaupp, Kate Knight, Tania Kosmo, Tanya Lacey, Johnny Lake, Mandy Lake, Chris Landrum, Laura Laskofski, Hyun Joo Lee, Sun Lee, Steven Lemeshewsky, Deepa Malladi, Naveen Malladi, Chris Marbaker, Jennifer Markiewicz, Jennifer Massa, Shaun McCullough, Kari McCarley, Amy McCaskill, Christi McGee, Jenna McGuire, Annette McMillen, Amy Mezny, Jason Miller, Stephanie Miller, Jennifer Moore, Justin Morgan, Katie Mullarkey, Cindy Natale, Mike Neary, Gray Nelson, Scott Nevill, Katie Nieves, Krista Nordeen, Courtnet O'Rouke, Jeff Overand, Erin Palmer, Jennell Pezzulich, Chris Poley, Tanya Radeke, Ralph Ragosta, Billy Rea, Tim Reagan, Jenifer Rogers, Miker Roundtree, Beth Rucker, Paul Rucker, Rene Ruffing, Ron Saemann, Jeremiah Sahlberg, Kristie Saliskie, Karen Secord, Andrea Silcox, Coy Sizemore, Pam Slater, Kathy Smith, Heather Strausbaugh, Brendan Sullivan, Brian Sullivan, Patrick Sullivan, Missy Tallent, Chris Taylor, Laura Teeler, Billy Theroux, Mike Thompson, Michael Turk, Jeremy Tuten, Kyle Van Houtan, Chris Wakefield, James Wallace, Scott Warner, Tom Warren, Jerry Welch, Chris Weller, Vanessa Westhoff, Chris Whitten, Mike Whitten, Grayson Wolfe, Jason Wynn

A American

University President, Richard Berendzen resigned after being charged with making obscene phone calls.

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Black History Club: Jerry Bellamy, Tami Boxley, Stacy Breeden, Dorothy Cobbs, Tasha Faison, Sheryl Harris, Donald Howard, Canika Jourdan, Elizabeth King, Patricia King, Evelyn Moore, Tommy Peterson, Deanne Powers, Mike Rhoades, Renee Roberts, Michelle Spencer, Myla Spencer, Torrey Terry, Katrina Terry, Marty Wesley, Tanya Williams, Floydette Williams, Tanisha Wrenn



Key Club: Amanda Blanks, J.D. Cain, Kristen Cain, Amy Charleston, Stacie Clemmons, Chrissy Davis, Mark Fox, Angi Furbee, Christy Holley, Demetria Howard, Kevin MacDonald, Shaun McCullogh, Justin Morgan, Robin Scaggs, Andrea Silcox, Chris Weller, Vanessa Westhoff



Newspaper: Amy Charleston, Melanie Corbin, Christine Gagnon, Heidi Heath, Mark Hijar, Anekia Holmes, Elaina Johnson, Kwanza Jones, Cleary Krapfl, Dong Lee, Stephanie Miller, Christo Nicholson, Duncan Shea, Katherine Smith, Iris Vargas, James Wallace



It's Academic: Tim Conway, Charlie Driscoll, Robert Ghisolfi, Jennifer Hillar, Pilar Johnson, Beth Nelson, Gray Nelson, Jon Nelson



Peer Counseling: Amy Beckman, Lesley Davis, Charlie Driscoll, Mikele Galbraith, Julie Grace, Angi Furbee, Tasha Faison, Stefanie Fennig, Kelly Frye, Demetria Howard, Kate Knight, Sabrina Leckner, Karen Oswalt, Desiree Snyder, Jeremy Tuten

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Computer Club: Nadeem Ahmed, Jason Barnett, Sean Bentley, Steve Boyd, Jamie Bush, Kevin Cottle, Alfred Ellis, Chris Farmer, Jose Flores, Justin Goodman, Micah Henry, Eric Henson, Jerahmiah Howard, Robert Lamoye, Ivonne Magallanes, James Marvin, Shaun McCullough, Merin McGill, Bobby McGowan, Kelly McIntosh, Stephanie McIntosh, Beverly Parkzes, Sharifa Shanaz, Ronnie Stone, Cal Turner, Nicole Utterback, Donny Widener, Dennis Wilson



SCA Officers: Kristen Cain, Amy Charleston, Claire Collins, Chrissy Davis, Mike Dovberg, Tim Ferenschak, Kelly Frye, Demitra Howard, Tom King, Leslie Latimore, Hyun Joo Lee, Guadie Montessa, Brian Sullivan, Jeremy Tuten, Chris Wakefield, Chris Weller, Jason Wynn

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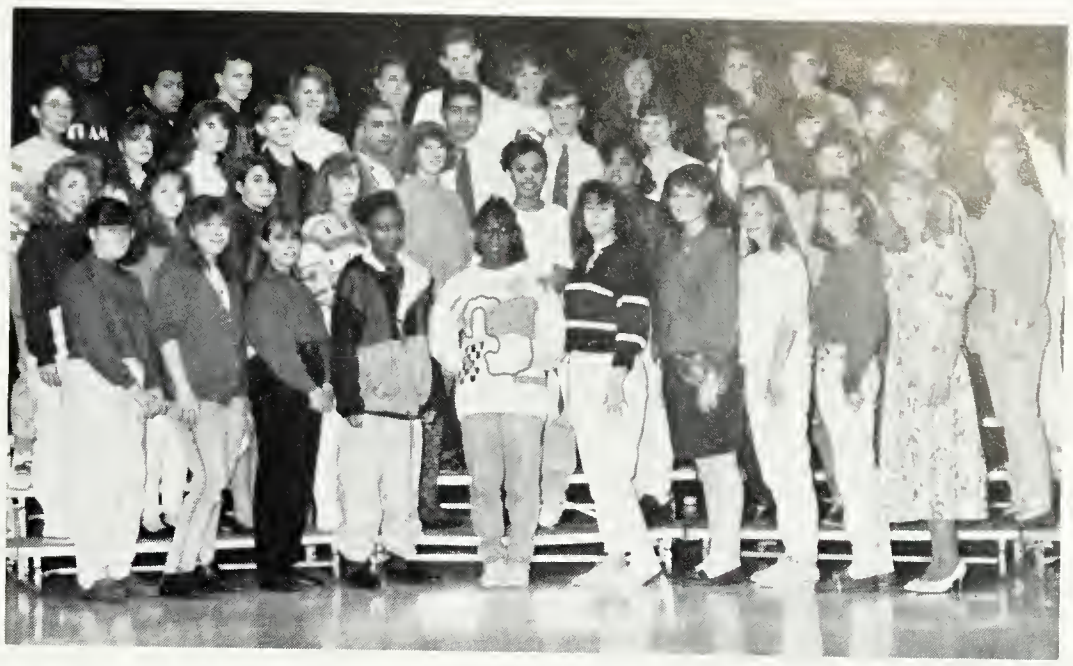
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SCA Representatives: Tracy Adams, Eric Augstine, Eric Ambler, Missy Ambler, Andy Anderson, Chris Andreno, Hakeem Atobajaiye, Allyson Babcock, David Baldwin, Laurence Barr, Lisa Beall, Susan Blanton, Kristy Blair, Brent Booker, Chelsea Bowers, Bernadette Burley, J.D. Cain, Heather Cannon, Stan Carmichael, Stacie Clemmons, Sal Colangelo, Matt Covington, Christie Davis, Vanessa Donnelly, Mike Doveberg, Charlie Driscoll, Brian Dudley, Stacey Eveslage, April Ford Jennifer Ghisolfi, Nicole Green, Angie Griffith, Lisa Grotz, Wendy Heck, Susan Hixson, Lara Holt, Cyndi Hudson, Janet Hughes, Megan Jacoby, Marcus Jones, Sharonette Joster, Alexis Katsorelis, Holly Kellett, Kim Kline, Tanya Kosmo, Tanya Lacey, Heather Lamberton, Steven Ledlow, Eric Lyons, Chris Maas, Chris Marbaker, Jennifer Markiewicz, Luis Martinez, John McGovern, Rodney McLaughlin, Ann McNamara, Jennifer Meininger, Erin Merica, Jason Miller, Chris Montanez, Katie Mullarkey, Angela Nester, Eric Novotny, Joe Pagan, Jessica Pavia, Rich Pavone, John Pennington, Ian Prymak, Billy Rae, Natosha Rector, Jennifer Rogers, Renee Ruffing, April Sackett, Jermaine Sahlberg, Ann Saliski, Tony Scissianni, Jennifer Scudmore, Brad Seips, Kathy Smith, Pamela Smith, Jon Spetrino, Angie Stanley, James Tarr, Mike Thompson, Jenny Thrall, Eric Udell, Kirsten VanGundy, Dan VanSummeran, Lori Wagner, Amy Waldhauser, Andrea Waldron, Megan Walker, Jennifer Washington, Kevin Webb, James Well, Tiffany White, Mike Whitten, Donny Widener





PSS: Eric Agustin, Katie Allen, Scott Allen, Dave Baker, Marc Baker, Lawerence Barr, Thomas Becker, Maria Bosile, Thomas Blanks, Amber Bowers, Toby Bridges, Jenn Bucci, J.D. Cain, Kristen Cain, Phil Caramanica, Nicole Carlson, Mike Caton, Neil Celis, Amy Charleston, Jennifer Cherock, Sharon Clark, Stacie Clemmons, Sheri Closson, Claire Collins, Sheila Collins, Marianne Connolly, Melissa Connolly, Theresa Costello, Nicole Crowley, Chris Cunningham, Chrissy Davis, Lesley Davis, Renee Dent, Michelle Dewald, Scott Dietze, Tracie Dobbins, Mike Dowd, Tom Edgington, Jay Ellis, Krystal Emmert, Rommel Esguerra, Lori Fearing, Stephanie Fenning, Carly Flynn, Mark Fox, Robin Freeman, Angie Furbeem Mikele Galbraith, Wendi Galliani, Holly Garfield, Vicki Garrison, Julie Grace, Tara Graff, Elizabeth Greenhalgh, Liz Gregory, Christie Griffith, Lisa Grotz, Christina Hamlin, Josh Heatwole, Jennifer Hetrick, Karen Heiber, Stephanie Hipple, Susan Hixson, Chris Hobbs, Lara Holt, Janet Hughes, Melissa Jack, Pilar Johnson, Miranda Johnson, Alexis Katsarelis, Alex Kelley, Jennifer Kellogg, Kim Kline, Ann Knowles, Tanya Lacey, Mandy Lake, Leslie Latimore, Michelle Leckner, Sabrina Leckner, Barry Lee, Hyun Joo Lee, Sun Lee, Michelle Llewellyn, Kristen Lott, Debra Lutoski, Chrissy Malanka, Naveen Malladi, Mark Malloy, Jenny Marek, Jenny Massa, Jennifer Markiewicz, Kim Massie, Alex McCord, Anna McDonald, Christie McGee, Erin Merica, Jason Miller, Jeff Miller, Stephanie Miller, Guadie Montessa, C.J. Morgan, Justin Morgan, Katie Mullarkey, Vonetta Murray, Amy McCaskill, John Myers, Scott Neville, Krista Nordeen, Danielle North, Mike Overton, Lea Perry, Stephanie Powell, Kristen Priestly, Tanya Radeke, Kristen Revell, Denise Rodriguez, Ashley Rogers, Jennifer Rogers, Matthew Rossi, Beth Rucker, Kathie Rucker, April Sackett, Ron Saemann, Kristie Saliski, John Saterwhite, Brad Sawler, Karen Secord, Andrea Silcox, Coy Sizemore, Pam Slater, Kathy Smith, Monica Somers, Caydra Speed, Tracy Stauffer, Christina Stone, Angela Stanley, Heather Straushbaugh, Colleen Sullivan, Meredith Sykes, Valerie Tidwell, Mike THompson, Gary Tong, Jeremy Tuten, Melinda Wahala, Lori Wagner, Andrea Waldron, Megan Walker, Scott Warner, Chris Weller, Lisa Wood, Tony Wools, Jessica Yaeger

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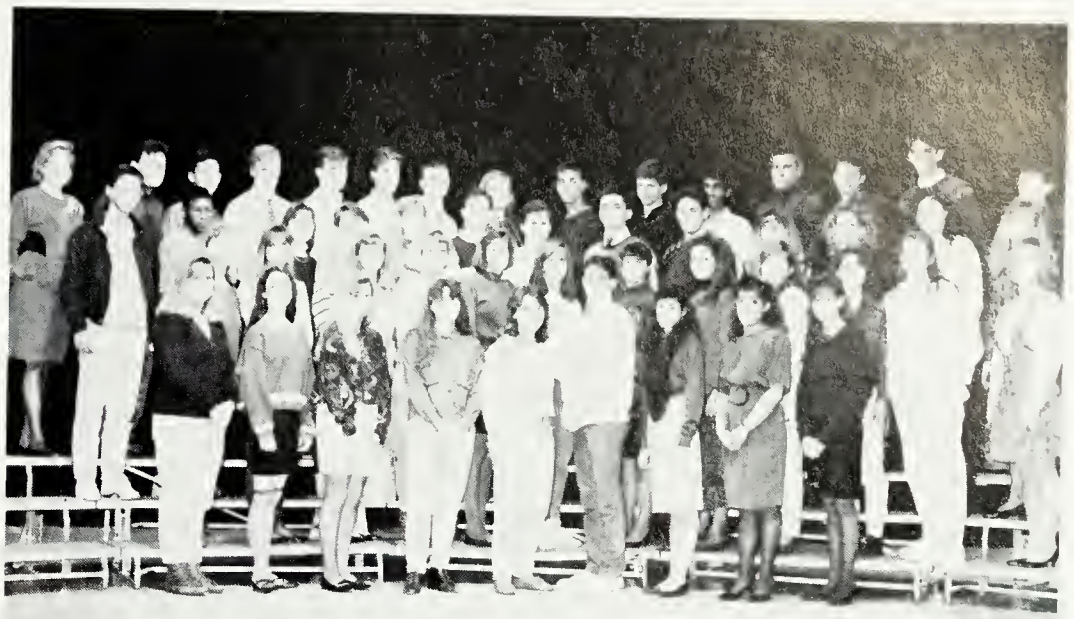
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NHS: Missy Ambler, Nikki Arnold, Amanda Blanks, Kristen Cain, Stacie Clemmons, Ben Clove, Marianne Connolly, Tim Conway, Melanie Corbin, Matt Covington, Kurt Daniel, Wendy Deabenderfer, Tracy Deck, Charlie Driscoll, Tim Ferenchek, Tammy Clary, Kindra Freiherr, Angie Furbee, Carla Galliani, Becky Harpster, Michelle Hawkins, Tim Hayden, Kris Hetland, Mark Hidalgo, Scott Iverson, Colin Kalbfleisch, Jen Keady, Kate Knight, Mandy Kelly, Barry Kraus, Chris Landrum, Sabrina Leckner, Kibok Lee, Naveen Malladi, Christi McGee, Rodney McLaughlen, Diana Morse, Gray Nelson, Jeannie Palmer, Chris Poley, Ralph Ragosta, Carolyn Riley, Teresa Ryerse, Chrissy Seamans, Karen Secord, Andrea Silcox, Kris Smerick, Kirsten Speca, Brian Sullivan, Chuck Taylor, Sara Taylor, Valerie Tidwell, Mike Trull, Stephanie Walz, A.J. Wangner, Chris Weller, Chris Wheatley, Lisa Wood



Spanish National Honor Society: Amanda Blanks, Jason Brown, Jenny Brown, Missy Dovel, Rob Grubbs, Maria Hernandez, Karen Hieber, Meagan Jacoby, Hyun Lee, Kal Leopold, Christie McGee, Steve Pezzulich, Andrea Silcox, Brian Sullivan, Sara Taylor, Jeremy Tuten, Iris Vargas



Leo Club: Lisa Beall, Kevin Becker, Thomas Becker, Lisa Bernhardt, John Beyer, Amber Bowers, Chelsea Boweres, Phil Caramanica, Melanie Corbin, Nicole Crowley, Phyllis Dodson, Eric Ford, Suzanne Frtsche, Erik Gillespie, Steve Iverson, Kate Knight, Holly Kellett, Kristen Lott, Kim Massie, Vonetta Murray, Angela Nester, Krista Nordeen, Eric Novotny, Christy Rankine, Denise Rodriguez, Ron Saemann, Valerie Tidwell



VICA: Jason Acuesta, Robert Anderson, Robert Arrington, Keith Baker, Fred Barrett, Tim Barry, Jason Bronskey, Tawrence Brown, Steve Carson, Mark Catlett, Scott Clay, Dave Cook, Brian Coolburgh, Pat Dillinger, Tom Favor, Chris Hall, Lee Hall, Jimmy Harris, Tim Hebling, Kelley Jones, Georgia Maltezos, Robert Marlbarker, James Marvin, John McIntyre, Ed McMullen, Mike Milligan, Kyle Morseman, Erol Oztuna, Brice Page, Josh Quesenberry, Ricky Randall, Liam Riley, Eddie Rubi, John Satterwhite, Brad Sawler, Leanette Smith, Jon Spetrino, Eric Stanley, Bobby Swithenback, Jimmy Tarr, Steve Taylor, Tina Tew, Rob Thurston, Sheri Tipton, Gary Tong, Jack Vandenburg, Jeremy Vrendenburg, Bob Wilson, Jim Wilson

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senators accused of being influenced by S&L owner Charles Keating, were acquitted of all charges by the Senate Ethics Committee.

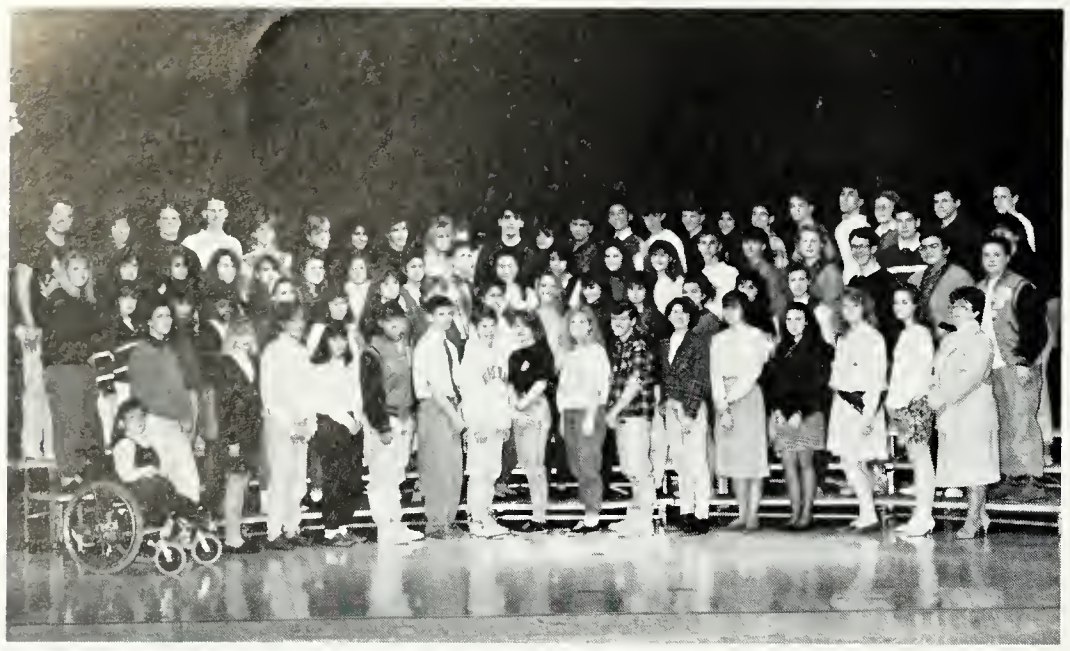
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FBLA: Robert Alton, Ande Beaman, Greg Bonner, April Brennan, Alan Burgess, Maria Burke, Tera Carter, Jason Deveikis, Steve Epple, Mike Figueroa, Lisa Forsythe, Jeff Goodman, Christina Hamlin, Michelle Hawkins, Jennifer Hetrick, Clint Ingram, Bobby Knaupp, Barry Kraus, Michelle Llewellyn, Kal Leopold, Samone Mahaney, Robert Meares, Marilyn Mercado, Erin Palmer, Michele Pope, Terrace Reid, Staci Richardson, Jennifer Rogers, Donna Savage, Susan Schneider, Brian Simpson, John Skelton, Matt Webber, Lisa Whalen, Jennifer Williams



Drama: Natalie Abt, Kerri Adams, James Agnew, Sam Allard, Christy Anderson, Pete Ayres, Dana Bamberger, Maria Basile, Kari Bateman, Lisa Beall, Julie Bell, Cathy Berkman, Krissie Berkman, Lisa Bernhardt, Emily Black, Cathie Blanton, Cindy Buckley, Heather Cannon, Dave Caramanica, Philip Caramanica, Maurice Carr, Suzie Cipra, Alicia Colletti, Theresa Costello, Chris Crowder, Matt Decatur, Timothy Deputy, Michelle Dewald, Kimberely Diede, Sara Dix, Mikey Dovberg, Mindy Dovberg, Charlie Driscoll, Tamara Dye, Mike Engelen, Jason Edwards, Michelle Foss, Adina Fozelyar, Rhonda Freeze, Mikele Galbraith, Beth Geer, Erik Gillespie, Janelle Gillis, Steve Graham, Dawn Griffin, Nathan Hale, Amy Hall, Eun Kyong Ham, Tim Helbing, Michael Helms, Shelley Henkell, Maria Hernandez, Seth Heywood, Jamie Hinkle, Michael Hollman, Kevin Hume, Grady Inman, Sean Jaehne, Matt Jarman, Chris Jefferson, Tonya Jocewicz, Pilar Johnson, Shirnelle Johnson, Patrick Keith, Michelle Kell, Steve Kellerman, Punna Khanna, Michelle Kornicker, Ralph Lashbaugh, Michelle Leckner, Sabrina Leckner, Karla Leopold, April Lewis, Chris LoPresti, Stephanie MacFarlane, Andrea Macklin, Butch Mahaney, Jennifer Martin, Vicki Martine, Ashley McCormack, Christi McGee, Jack McGovern, Renee Meadows, Melissa Meisels, Marilyn Mercado, Wendy Miller, Beth Nelson, Gray Nelson, Jon Nelson, Marc Payne, Erika Peters, Jenell Pezzulich, Amber Phillips, Kari Phillips, Anitra Piper, Josh Quesenberry, Scott Ramsey, Heather Randle, Jen Rielly, Liam Riley Ronny Scanlon, Tony Scisciani, Duncan Shea, Kelly Sheehy, Kris Smerick, Desiree Snyder, Heather Steelberg, Heather Steiner, Mellissa Tallent, Delfa Telleria, Anah Thavisouk, Darlene Uber, Eric Udell, Carey Utterback, Kirsten VanGundy, Andrea Waldron, Stephanie Walz, Bill Wilson, Jessica Winchester, Robert Wolf, Jason Wynn, Regan Wynne, Jessica Yaeger

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was bombed by the PLO in a show of discontent with the new Prime Minister, John Major.

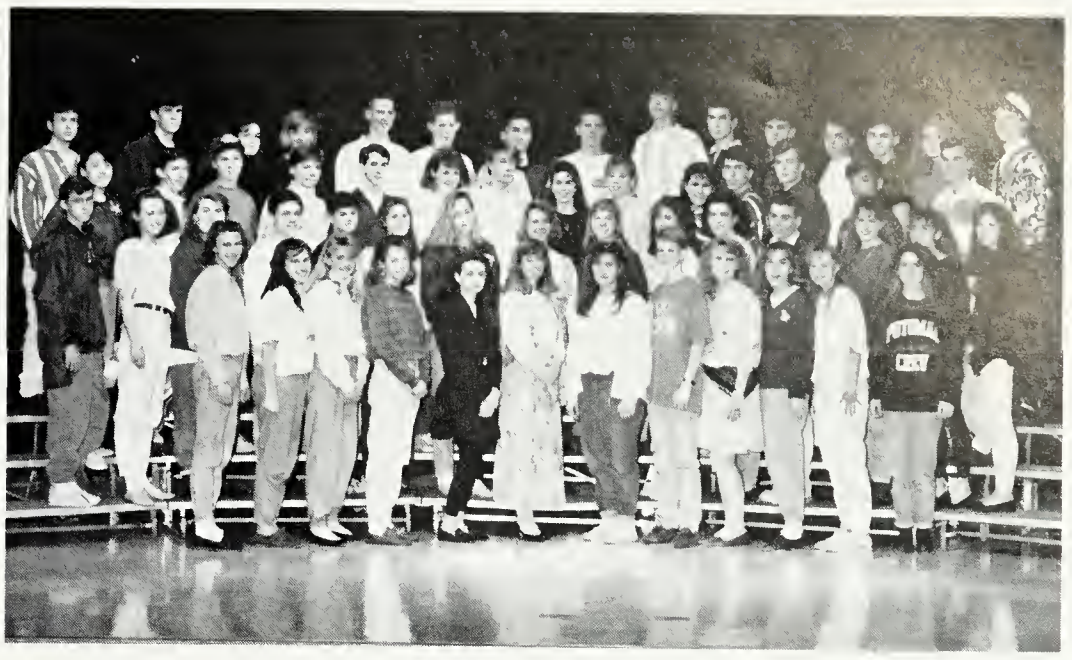
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Crew: Tracy Adams, Katie Allens, Eric Ambler, Kevin Becker, William Beckman, Keith Browning, Jenn Bucci, Jeanie Cassidy, Tracie Dobbins, Erin Dorigatti, Mike Dowd, Sean Dowling, Charlie Driscoll, Nicole Embrey, Mike Engelen, Frederick Fern, Katie Flaherty, Carly Flynn, Eric Ford, Angie Furbee, Nicole Garcelon, Vickie Garrison, Melissa Gill, Trish Gomez, Julie Grace, Glenn Graham, James Green, John Grubenmann, Jenny Hayden, Tim Hayden, Heidi Heath, Chris Hobbs, Melanie Hunnell, Clint Ingram, Matt Jarmin, Miranda Johnson, Danny Kreiler, Mandy Lake, Glenn MacKinlay, Kimberly Massie, Jenna McGuire, Katie Nieves, Brice Page, Jeannie Palmer, Amanda Patton, Richard Pavone, Lea Perry, Karl Peskie, Jenny Rielly, Renee Ruffing, Jeremiah Sahlberg, Kristie Saliski, Ann Saliski, Micah Sauntry, Charley Scott, Christina Small, Brian Smith, Laurie Smith, Paul Stieglitz, Nicole Swistak, Carolyn Trexler, Eric Udell, Susan Walcroft, Jack Williams, Grayson Wolfe



French Club: Natalie Abt, Kris Applegate, Amanda Barclay, Tom Becker, Blythe Bonner, Lori Brown, Mike Burns, J.D. Cain, Kristen Cain, Mike Caton, Stacie Clemmons, Tyrone Cooney, Michelle Cook, Lesley Davis, Tracie Dobbins, Meredith Dykes, Chris Farmer, Angie Furbee, Christie Gagnon, Marcy Gallo, Sean Glover, Jennifer Gray, John Gregory, Shana Haring, Chris Holloway, Jenny Holloway, Alexis Katsarelis, Tom King, Kate Knight, Tanya Lacey, Chris Landrum, Margreth Leiser, Lisa Lenhard, Jenny Marek, Jen Markiewicz, Katie Mullarky, Gray Nelson, Mike Overton, Tanya Radeke, Ralph Ragosta, Ashley Rogers, Mark Ross, Beth Rucker, Tony Scisciani, Charley Scott, Valerie Tidwell, Karen Wallace, Vanessa Westhoff



Latin Club: Tracy Adams, Aveill Anderson, Christy Athas, Abbey Bridges, Frank Brodie, Matt Bruner, Heather Caplinger, Brian Clarke, Sheri Closson, Nicole Crawley, Debbie Deharde, Stacy Dominy, Ed Donahue, Tom Edgington, John Fair, Stefanie Feenning, Brian Fitzgerald, Christie Gagnon, Glen Graham, Jenny Ghisolfi, Jenny Greek, Liz Gregory, Jenny Hall, Katie Harowitz, Marc Hurst, Miranda Johnson, Jenny Kellogg, Kelly Krapfl, Sarah Lawson, Teresa Lloyd, Kristen Lott, Andrea Macklin, Jenny Marek, Anna McDonald, Micah Minarik, Lim Minchin, Jon Nelson, Richard North, Karen Oswalt, Ryan Overholt, Jackie Overton, Patrick Piccoli, Amy Porter, Stephanie Powell, Kathie Rucker, Gary Runion, Teresa Ryerse, Beth Schwetje, Pam Slater, Corey Snyder, Chris Sutter, Joe Triano, Chris Wakefield, Matt Webber



Spanish Club: Sherry Acuesta, Floyd Alverez, Gaela Bell, Matt Boyd, Beverly Brown, Jason Brown, Jason Deptula, Rhett Donovan, Mike Engelen, Jeff Gardner, Elizabeth Greenhalgh, Maria Hernandez, Wendy Huizanga, Cliff Jespersen, Nikki Jones, Mandy Lake, Chris LoPresti, Courtney Manuel, Brandy Marks, Paulo Martinez, Christie McGee, Courtney O'Rourke, Jeff Overand, Mark Pavlick, Anitra Piper, Tim Singstock, Eric Sivers, Delfa Telleria, Jennifer Thrall, Iris Vargas

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Concert Band: Crystal Adams, James Agnew, Kris Alexander, Ed Auriemma, Krissie Beckman, Julie Bell, Kevin Bell, Sean Bentley, John Beyer, Greg Blankenship, D'Angelo Blount, Rassi Borneo, Ryan Bubb, Dave Carimanica, Dan Dawson, Tim Deputy, Rob Deverick, Rhett Donovan, Mark Dudley, Alfred Ellis, Lauren Epke, John Fair, Brian Fairchild, Scott Furbee, Bobby Golding, Scott Gordon, Jennifer Greene, Chad Grover, Kim Hearn, Tori Hillyer, John Homan, Jennifer Jarvis, Ben Jones, Joe Kettering, Patricia King, Gary MacKinley, Jim Minchen, Kara Morseman, Janette Najar, Jack Pethtal, Lindsey Priestly, Shane Rakes, Karen Salomon, Brian Smith, Joe Somosky, Michelle Spencer, Myla Spencer, Paul Stieglitz, Ron Stone, Chris Taylor, Mike Tolman, Ken Tra, Mike Tribe, Tamika Walker, Cochise Wanzer, Don Widiner, Chris Yesko, Melissa Zarella



Jazz Band: Brian Blankenship, Tammy Broomall, Kelley Dinsmore, Travis Dodson, Eric Fels, Fred Ferm, Bob Fielding, Chris Fridley, Balvin Garcia, Steve Graham, Dave Grant, Mike Grasso, Jennifer Greene, Rob Grubbs, Jeni Humphrey, Alex Matos, Rod McLaughlin, Chris Rinker, Jenny Russell, Kenric Russell, Brian Sowala, Paul Stieglitz, Mike Tolman



Beauty Shop Quartet: Shannon Bateman, Heather Cannon, Sheri Closson, Heather Caplinger



Barber Shop Quartet: Mike Helms, Mike Folliard, Kurt Daniel, Chris Pierce

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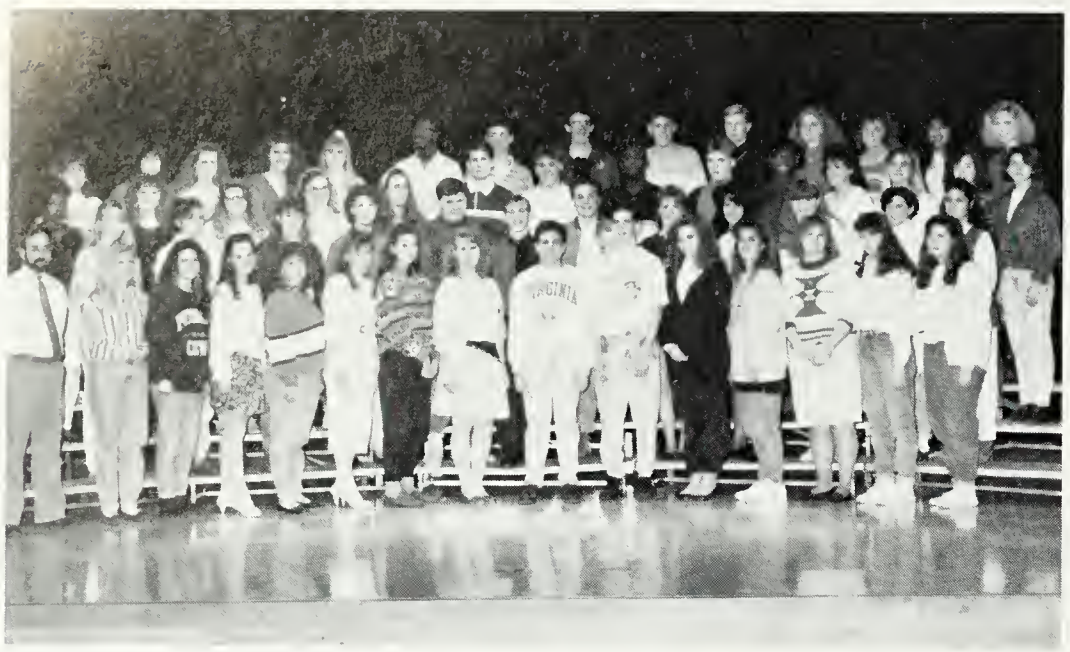
Saddam Hussein, leader of Iraq, ordered his army into Kuwait on August 2, seizing all businesses and taking prisoners.



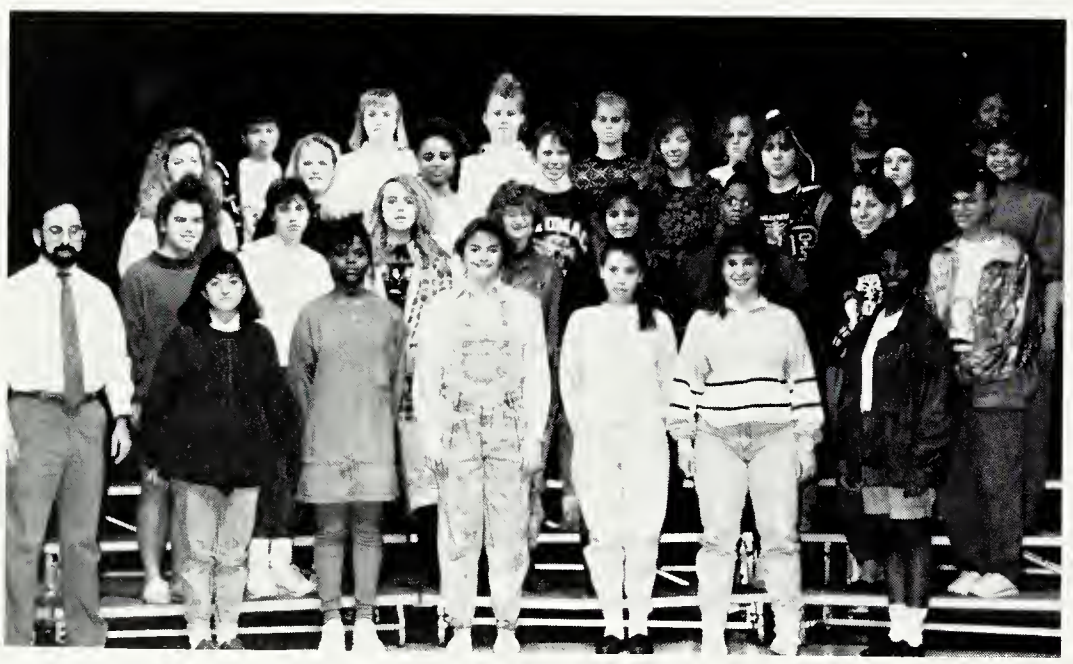
Advanced Orchestra: Christine Alison, Cathy Berkman, Laina Bishop, Jonathan Brock, Beverly Brown, Theresa Costello, Tara Christian, Kevin Daniel, Jason Deptula, Rebecca Farris, Tim Ferenschak, Katie Flaherty, Robin Freeman, Beth Geer, Justin Goodman, Sean Heaton, Shelley Henkell, Michelle Kell, Teresa Lloyd, Steve McHugh, Marilyn Mercado, Jennifer Moore, Robert Penn, Amber Phillips, Amy Phillips, Ian Prymak, Lora Quinlan, Mark Rapson, Brian Sowala, Sara Taylor, Jennifer Thrall, Valerie Tidwell, Jennifer Walters, Lee Ann Witt



Intermediate Orchestra: Dana Bamberger, Jeanie Cassidy, Dan Dnielson, Kelley Dinsmore, Jeremy Duff, Chris Farmer, Sarah Faunce, Jennifer Greene, Eric Henson, Helen Hines, Danny Ingerson, LaTasha Johnson, Miranda Johnson, Amanda Lake, Jenna McGuire, Jennifer Moore, Jessica Pavia, Cassandra Reynolds, Mark Ross, Meredith Schwenke, Stacey Simmons, Katrina Terry, Freddie Wallace



Concert Choir: Natalie Abt, Chris Anthony, Maria Basile, Shannon Bateman, Lisa Beall, Amy Beckman, Cathy Blanton, Rick Brown, Maria Burke, Heather Cannon, Heather Caplinger, Cecil Carroll, Suzi Cipra, Kirby Clark, Sheri Closson, Kevin Daniel, Romeo Davis, Erin Dorigatti, Colleen Flynn, Mike Folliard, Tim Foster, Mikele Galbrath, Jeff Gardner, Vicki Garrison, Mary Kay Greenwood, John Gregory, Lisa Grotz, Mike Helms, Gretchen Hodges, Jenny Holloway, Cindy Hudson, Dawn Hynes, Lisa Lewis, Mandy Marcopolos, Kim Massie, Marilyn Mercado, Wendy Miller, Amanda Patton, Marc Payne, Erika Peters, Chris Pelligrino, Chris Pierce, Michele Pope, Tanya Radeke, Candice Redder, Louise Reeslen, David Ross, Kris Smerick, Angie Stanley, Heather Steiner, Stephanie Taber, Missy Tallent, Jenny Thrall, Kirsten VanGundy, Jason Vaughn, Lisa Webb, Tracy Webb, Kevin Wilson, Bill Wilson, Amy Wirick, Cally Woolfrey



Treble Choir: Keri Adams, Christy Anderson, Erika Banks, Amanda Barclay, Karen Betton, Jennifer Byrne, Heather Carver, Sharon Clark, Claire Collins, Christina Denton, Caron Duarte, Ginger Duvall, Chrissy Holloway, Angie Hoyt, Melissa Hudak, Tonya Jocewicz, Brenda Johnson Eva Kessinger, Heera Khanna, Melanie Kiessling, Kim Kline, Michelle Kornicker, Michelle Llewelyn, Brandy Marks, Ann McNamara, Tarsha Miller, Evelyn Moore, Tammy Naylor, Catrina Rice, Rony Scanlon, Kathy Schwetje, Jenny Scudamore, Inna Vakser, Karen Wallace, Tangie Wolfe

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Camarata: Shannon Bateman, Lisa Beall, Heather Cannon, Heather Caplinger, Kurt Daniel, Romeo Davis, Mike Folliard, Steve Graham, Lisa Grotz, Eun Ham, Mike Helms, Tammy Karhan, Jen Keady, CHris Pierce, David Ross, Kris Smerick, Chris St. Jean, Traci Webb, Bill Wilson



International Club: Juan Alveraz, Lisa Alveraz, Yessevia Balderos, Gustavo Bartan, Georgeth Caero, George Curtuson, Shabir Honied, Sam Lee, Wilson Lee, Naveen Malladi, Jose Nicaragua, Safehai Phantriyeivong, Phavlione Phantriyeivong,Phempa Phisudulah, Sharifa Shanaz, Mervin Viseko



German Club: Scott Allen, James Barrows, Susannah Bridges, Stephanie Hipple, Yong Gi Hong, Margreth Leiser, Karen Phillips, Erik Myers, Mervin Vicedo

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SADD: Abbey Bridges, Susannah Bridges, Wendy Deabenderfer, Kelly Dovel, Debi J. Gabriel, Jennifer Gray, Justin Jakulski, Pilar Johnson, John Lake, Angela Madagan, Jean Michael, Richard North, Josh Quesenberry, Brad Sawler, Cyndi Weamer



Math Club: Kurt Daniel, Kris Hetland, Mark Hidalgo, Yong Gi Hong, Diana Morse, Teresa Ryerse, Jeremiah Sahlberg, Patrick Sullivan, Sara Taylor, Mike Thompson



Science Club: Nadeem Ahmed, Lawrence Barr, Thomas Becker, Tim Conway, John Fair, Jeff Gardner, Steve Justice, Holly Kellet, Barry Lee, Ivonne Magallanes, Naveen Malladi, Angela Nester, Chris Payant, William Potter, Ralph Ragosta, Chrias Stewart, Doug Thumm



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X

X-rated movies

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Goerge Steinbrenner, was banned from owning another baseball team by the Commissioner of Baseball due to his gambling practices.

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Specs

The 1991 Potomac High School PROWLER was printed by Jostens Printing and Publishing Division, State College, Pennsylvania.

Paper: 80 lb. gloss, endsheet is silver 420

Cover: Craftline staff designed with silver and light blue printing on black mat

Base ink: Black

Basic Type: Avant Garde (8 and 10 points)

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The 1990 PROWLER received a first place rating from VHSL.

Specs

Staff

Advisor: Ms. Karen Rubus
Editors-in-Chief: Kris Hetland
Beth Biller
Sports Editor: Asta Roques
Copy Editor: Abigail Bridges
Photographers: Mike Overton
Cathy Ramsey
Staff: Tracy Adams
Michelle Cook
Debi Gabriel
Jennie Gordon
Stefanie Hipple
Christian Homen
Sarah Lawson
Karen Oswalt
Tara Rohren
Angela Stanley
Angie Stanley
Stephanie Vermillion
Scott Warner

A Special Thanks To...

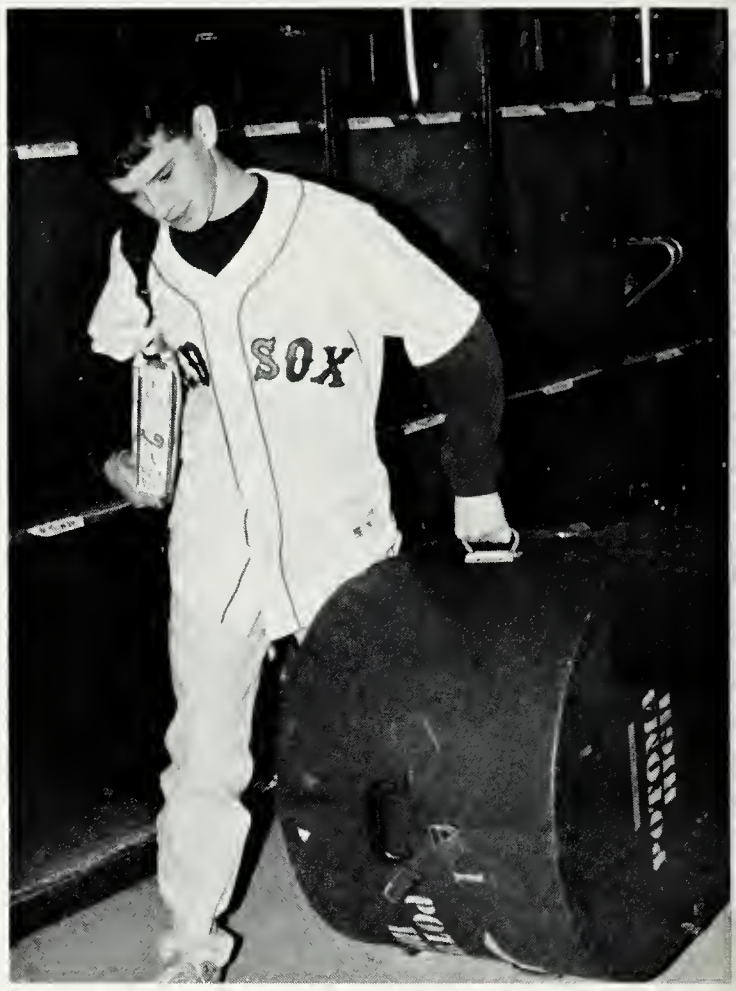
Melanie Corbin Phyllis Dodson, Kirsten Speca and **Matt Covington** for copy and photo ID's
Tom Warzywak for photo sorting
Mr. Andrew Farewell for the picture on pg 31
Mrs. Bridget Rose and **Mrs. Evelyn Fleming** for pictures
Mrs. Jan Polk for the videotape
Bateman Photography for group picture on pg 59
Mrs. Pat Hetland for typing
Mrs. Carolyn Leggett **for the use of the dark room**
The English Department **and** Library **for the use of their computers**
Coaches **and** Club Sponsors **for information and photo ID's**
Teachers **for patience during class interruptions**
Administrators **for letting us through the halls**
Friends **for all their help and support**



1990-1991 PROWLER staff · Bottom row: Ms. Karen Rubus, Angela Stanley, Tara Rohren, Angie Stanley, Debi Gabriel, Mike Overton **Second Row:** Jennie Gordon, Michelle Cook, Stephanie Vermillion, Beth Biller, Asta Roques, Abigail Bridges, Kris Hetland **Top Row:** Tracy Adams, Stefanie Hipple, Karen Oswalt, Cathy Ramsey, Scott Warner, Christian Homen

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"Well guys, we finally did it!! We would like to thank Ms. Rubus for all her patience with us. All of the staff, even Ms. Rubus, did a great job of learning the ropes. Thanks for all your hard work." - **Kris and Beth · Editors-in-Chief**



Jack McGovern struggles with his base drum in order to get home and begin his daily routine after school. Many activities like band required time and committment after school. Jobs, sports and studies had to be carefully balanced to fit into the day.

Pete Elis gets "pumped up" by his friends Tommy Peterson and Triandis Walker before taking a shot from the foul line at the winter pep rally. Pete won a Potomac t-shirt to go along with his pump shoes when he sunk the ball.





As a diversion at the Foreign Language Festival, Gary Tong Tommy Peterson, and Mike Thompson construct a pyramid out of paper cups . Finding amusing things to do made high school life--in and out of class--more interesting and exciting.

Before Our Time Runs Out

No matter how old we get, we have always only gone through a small part of life. Everything we have done, however, prepared us for new experiences to come. How we used our days reflected how we used our lives. What we strived to excel in today, we could master tomorrow with just a little bit more training, a little bit more work, a little bit more time.

But there was only so much time to work with. Although an extra period was added to the school day, Father Time did not extend the 24-hour day. A balance--a system of priorities--had to be applied to life in order to succeed.

That balance was achieved, and along with it came success. Monyetta Haynesworth not only spent six years training to brake the national record in the hurdles, but kept up her grades. She was rewarded with acceptance by several colleges. Marching Band members also struggled to maintain grades, jobs, and the band. They were rewarded with trophies from competitions and new uniforms. Those on the It's Academic Team had to almost double their study load with extra memorizations. Their reward was an astounding performance on the T.V. show. All around, students received what they worked for.

All over, people began the day saying, "This is the first day of the rest of my life." With a little preparation and a lot of luck, we took our day--and our lives--and made the best out of them that we could. After all, striving to complete everything--all in a day--was tough work. - By Kris Hetland

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DAY
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During Foreign Language Week, Mikey Dovberg receives specific rehersal dates from Drama Club sponsor, Mrs. Deborah Neuhard. Lisa Grotz and Gray Nelson patiently wait with a last minute snack for the script read-through. Even though eveybody was involved in several activities, like foreign languages and drama, time was found to experience life - All in a Day.

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